UVoice 峯鳴

SFU UVoice Bilingual Student Newspaper May - June
Issue 45

SFSS

吃楓了
Eat In? Eat Out?

Today's Menu:

P5 - 浪漫約會好去處
P8 - 峰鳴食評
Eat Out Vancouver 2006
P12- 十五十六公仔麵大鬥法
Instant Noodles at Sixes and Sevens

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If you wish to place an ad or to submit an article, please feel free to contact us.

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Letter From The Editor 编辑人的世界

戈星人

漫天雨點。自落在窗上，就不斷掙扎。要抓住玻璃面，不要滑下那骯髒的路，它深知道絕不能與其他雨點觸碰，否則摟在一起的重量定把它們拖往深谷。可是無情的風不斷的刮。不論怎樣小心也逃不了滑落地面的命運。如流星一般急墜，直至太陽把它們接走,剩下點點印斑。

這好比世間的人和事。不知怎樣的來，不知怎樣的去。可是卻冥冥知道不能輕易放棄，要奮勇的爭取生存權利。一切也彷似發生在霎眼間。在迷茫、清醒間交錯，領悟了一套理解，沒有一滴滑在同一條航道，卻活在同一窗框內。或許日出時就是找到答案之日。

在這尋找過程，我們都需要知音和共鳴。或許發出的聲線彼此不同，但眾聲音集中在一個方向就可成爲一大力量。峰鳴必能把各種聲音集合一處。在此要多謝現在和將來爲這份學生報付出的諸位。學園和社會裡發生的一切大小事將繼續本報的報導方針。從前不足之處還望見諒。因明天將比今天好。

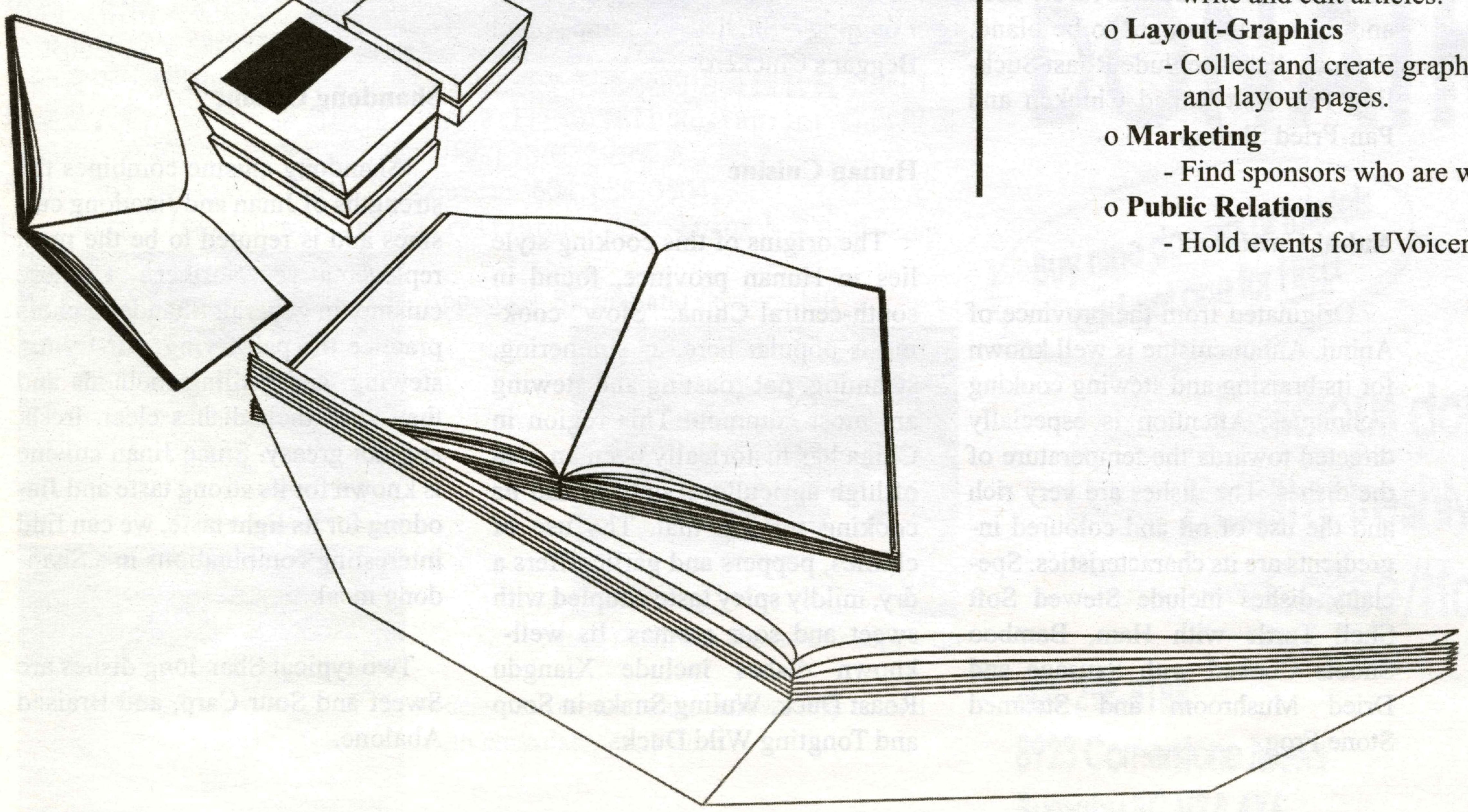
Wilson Fung

When asked where he wants to go out for dinner, a friend of mine said, I don't care, anywhere is fine as long as it fills my belly. Though disapproved, I smiled and said nothing.

To be honest, I think a course is more than a means to satisfy our hunger. As we dine, what's on the table can soothe our minds and help us relax from the tasks on our hands temporally. Moreover, when we invite others to dinner, the food we choose is a sign of respect, appreciation, love, and even compassion. The course gives us an occasion to meet up with our significant others, so that we can learn more about them. Think about it: this is why we take pain to find the perfect restaurant for our first date, or the best pub in town to go out with our best friends!

With a great variety of cuisine in Vancouver, how do we find the ones that satisfy our needs? Fear not! This issue, UVoice brings you a dining guide Eat In? Eat Out? Issue 45 will help you pursue your food-related endeavors and please your munching needs!

P.S. For those whose cash ran out or who simply love to eat in, there are a few DIY recipes on the latter part of the issue. Enjoy!



Graphic by Kai Wang

UVoice: Recruitment Notice

UVoice will be holding an information booth in the Academic Quadrangle this upcoming Club's Day (11:00am-3:00pm, Mid-May). Drop in, say hi, and hopefully join!

What is UVoice?

UVoice is a bilingual student newspaper group that caters to both Chinese and non-Chinese SFU students. Each issue revolves around a particular theme and also includes ongoing stories and columns written by different editorial members. When applicable, it also provides reports on campus and Vancouver events.

How would becoming a member help you?

- It allows you to meet new people, some of whom may share common interests.
- It gives you an opportunity to provide input into producing a publication.
- It helps develop good working habits and group networking skills, which will help you to find jobs in the future.

Who can be a member?

- Any SFU student can sign up to become a UVoice member, though an interview is required for those who are interested in applying for an executive position.
- Any interested person can also participate in UVoice external club events.

How can you become a member?

- Come to our booth and sign up on Club's Day! (a $2 membership fee is required)

What do members do?

- UVoice is divided into several departments, each contributing to the newspaper publication either directly or indirectly.
- Here is a short summary on each of the departments:

o **Editorial**
  - write and edit articles.

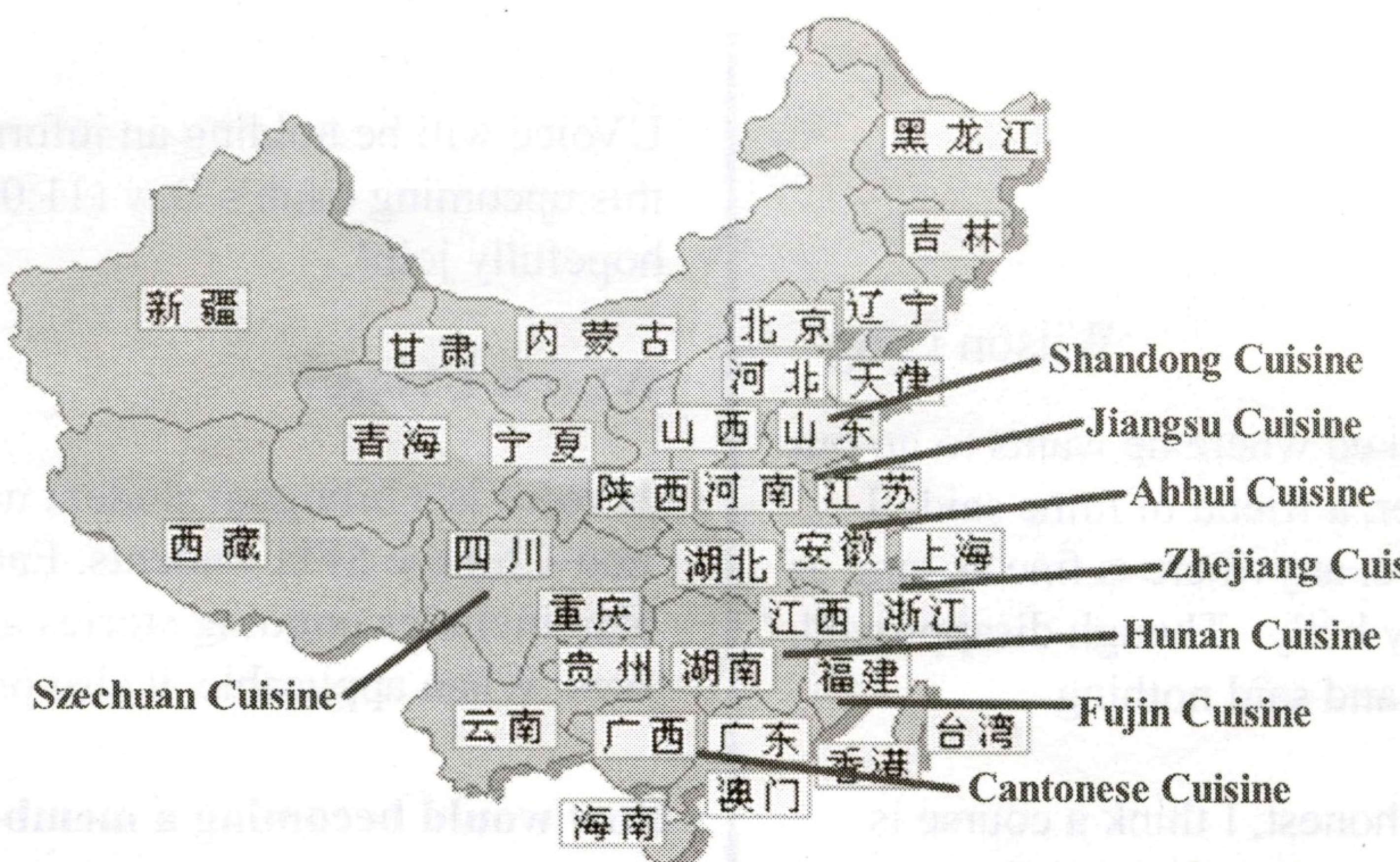
o **Layout-Graphics**
  - Collect and create graphics required for our newspaper , and layout pages.

o **Marketing**
  - Find sponsors who are willing to support our newspaper.

o **Public Relations**
  - Hold events for UVoicers and keep our spirits high!

:: Chinese 001: Introduction to Chinese Food ::

Elsie Li, Ryan Or, Wilson Fung, Christine Chow



Introduction

There is no doubt that many of us have a favourite Chinese dish. To be sure, Chinese food is more than chopsticks and a bowl of rice with a few delicacies! Since China is a multi-ethnic country and is home to 56 official nationalities and 55 national minorities, it should not surprise you that what people think as "Chinese cuisine" actually varies from region to region. The 8 most popular and traditional Chinese cuisines are: Shandong, Sichuan, Jiangsu, Cantonese, Hunan, Fujian, Anhui, and Zhejiang.

Cantonese Cuisine

Cantonese cuisine originates from Canton City in Guangdong Province. Amongst the numerous cooking methods, steaming, stir frying and deep frying are the most common. Freshness of ingredients is a vital aspect of Cantonese cui sine as it is known for its natural flavours. Hot spices are rarely used and thus, it is thought to be bland. Famous dishes include Roast Suckling Pig, Salt-Baked Chicken and Pan-Fried Shrimp.

Anhui Cuisine

Originated from the province of Anhui, Anhui cuisine is well known for its braising and stewing cooking techniques. Attention is especially directed towards the temperature of the dishes. The dishes are very rich and the use of oil and coloured ingredients are its characteristics. Specialty dishes include Stewed Soft Shell Turtle with Ham, Bamboo Shoots Cooked with Sausage and Dried Mushroom and Steamed Stone Frog.

Fujian Cuisine

Also known as "Min Cai" in Mandarin Chinese, Fujian cuisine comprises the local styles of Fuzhou, Quanzhou and Xiamen. It is distinguished for its exquisite cooking of seafood, fine cutting techniques, alternative soups, and unique season ings. Well known for its "pickled taste," some typical Fujian dishes are Buddha Jumping Over the Wall, Snow Chicken, Prawn with Dragon's Body and Phoenix's tail. .

Zhejiang Cuisine

Combining cuisines of Hanzhou, Ningbo, and Shaoxing, Zhejiang cuisine is not greasy. The chief techniques of cooking lie in the methods used such as frying, quick-fry, stir-fry, braising, and steaming. Well known for its freshness, ten derness, softness, and smoothness, Zhejiang dishes also have a mellow fragrance. Some typical Zhejiang dishes are Sour West Lake Fish, Longjing Shelled Shrimp, and Beggar's Chicken.

Hunan Cuisine

The origins of this cooking style lies in Hunan province, found in south-central China. "Slow" cooking is popular here, as simmering, steaming, pot-roasting and stewing are most common. This region in China has historically been an area of high agricultural output, and its cooking reflects that. The use of chillies, peppers and garlic offers a dry, mildly spicy taste coupled with sweet and sour aromas. Its well-known dishes include Xiangdu Roast Duck, Wuling Snake in Soup and Tongting Wild Duck.

Jiangsu Cuisine

In a region covered by lakes following the southern Yangtze River, this cooking style is centered mainly on fish and rice. Simmering and steaming are most popular here, but it is the high quality of the ingredients that truly brings out its unique flavour. Its dishes and clear soups are usually sweet, light and fresh. However, the seafood and vegetables are best served alongside a variety of dishes to avoid a monotonous taste. Its well-known dishes include Salted-Dried Duck and West Lake Fish.

Szechuan cuisine

Founded in the Szechuan region of Southwestern China, the Szechuan cookery was an innovation of the Qin and Han dynasties. As China became unified under these dynasties, cultural exchanges between provinces helped the Szechuan locals to develop a distinct cookery. This probably explains why its cooking methods are similar to other district cuisines: stew, scald, mix, fry, etc. On top of that, Szechuan cuisine is famed for the use of numerous pungent spices that leaves you gulp ing down water after a course.

A few special Szechuan dishes are: Kung Pao Chicken, Tea Smoked Duck, and Mapo Tofu.

Shandong Cuisine

Shandong cuisine combines the strengths of Jinan and Jiaodong cuisines and is reputed to be the most representative Northern Chinese cuisine. In general, Shandong chefs practice the pan-frying, stir-frying, stewing, and grilling methods and they keep their dishes clear, fresh, and not greasy. Since Jinan cuisine is known for its strong taste and Jiaodong for its light taste, we can find interesting combinations in a Shandong meal.

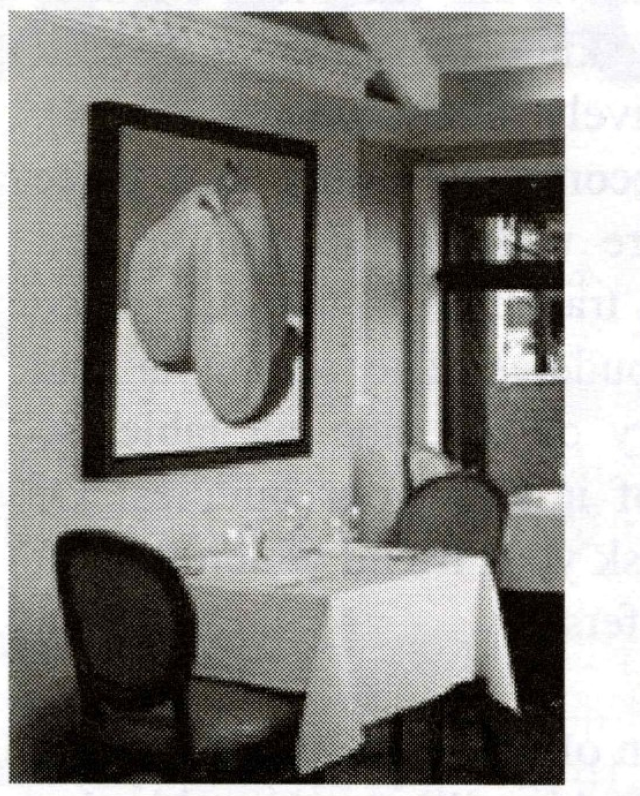
Two typical Shandong dishes are Sweet and Sour Carp, and Braised Abalone.

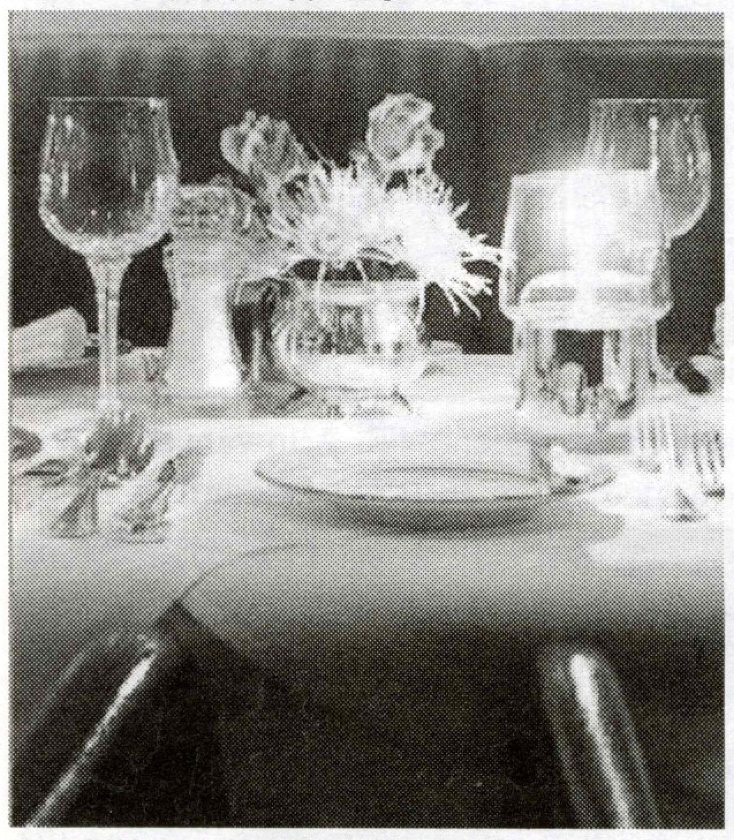
LOVE COLUMN 向你誠摯推薦：浪漫約會好去處

文/ 火柴 & 單片林

前言

就算你是吃遍溫哥華的美食一族，但說到約會的好去處，是不是也需要思索個幾分鍾呢？不同的時間，不同的心情，會讓人想要吃到不同的食物。約會亦是一樣。從戰戰兢兢的告白，到你依我依的甜蜜，一路走來，你竟發現自己已經跟他（她）經曆了那麼多事情。在交往的過程中，每次約會都是值得紀念。因此，選擇約會的地點可是頗費功夫的作業。幸運的是，今次特別版的 Love Column將為你提供適合約會的餐廳情報。從High class的奢侈華麗，到Popular的美味小食，一一都有詳盡的報道。千萬別錯過喽！





氣質餐廳

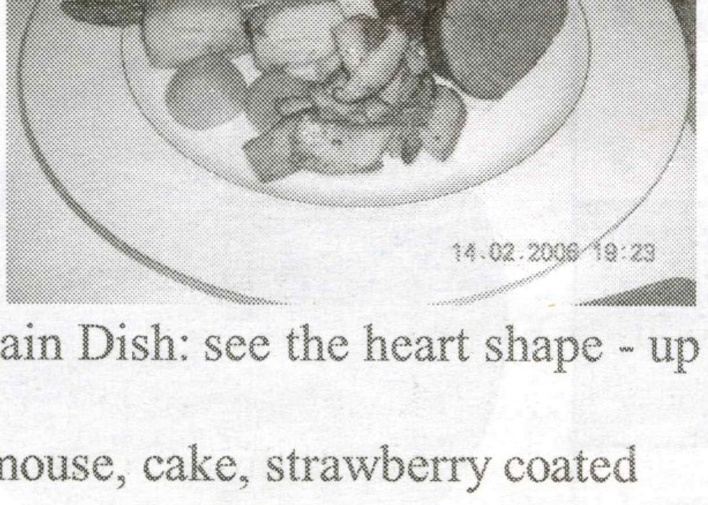
沈醉在甜蜜愛情裏的你，一定有過爲“去哪裏過情人節”或者“去哪裏慶祝交往一周年”這樣的事情煩惱的經驗吧。雖說有情飲水飽，但偶爾也會想要爲彼此制造些浪漫。該怎麼辦好呢？

事實上，想要制造浪漫的不僅僅是那些officially的情侶。如果你正準備著對某個心儀的女生展開追求攻勢，挑選約會去的餐廳（或是表白的地點）就變得尤爲重要。女孩子大多是感性的動物。她們也許會對你送的玫瑰無動于衷，但卻會很輕易地降服於優雅的音樂，柔美的燈光，以及可口精致的食物——這些幾乎是每個女孩都幻想過的浪漫和幸福。

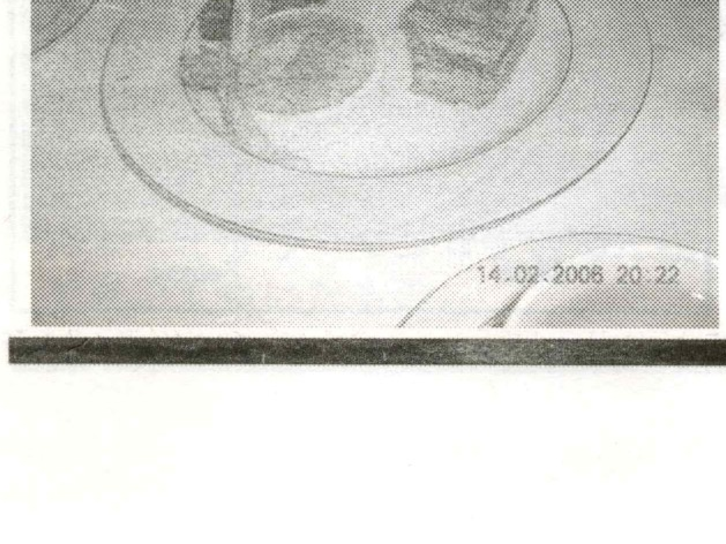
在這裏，筆者誠摯地爲你推薦一家氣質非凡的西餐廳。The William Tell Restaurant坐落在Vancouver的Georgian Court Hotel。雖然它的地理位置有些隱蔽，卻絲毫沒有影響它的知名度。自開店以來，The William Tell Restaurant 陸續在各大報章雜志曝光，並贏得諸多獎項。是什麼讓這家餐廳如此與衆不同呢？除了餐廳內部華麗典雅的裝潢設計之外，英俊帥氣的服務生（全部是男生）又爲原本就充滿浪漫氣息的空間作了點綴。正所謂耳聞不如一見，筆者有幸從一位好友那裏搜集到一組情人節特定套餐的照片。據說情人節當天，餐廳的生意非常火熱。好友更是對那晚的用餐經曆贊不絕口。無論是食物，氣氛，還有服務，The William Tell Restaurant 都做得盡善盡美。在籌劃下一次約會的你，現在知道要去哪裏了吧？

地址：765 Beatty Street, Vancouver. 604.688.3504.
URL: http://www.thewilliamtellrestaurant.com. Enjoy !

Appetizer: Shrimp and Oyster - left



Main Dish: see the heart shape - up



4 desserts (mouse, cake, strawberry coated with chocolate, etc.) - left

（資料來源：http://www.thewilliamtellrestaurant.com/）

**P.S. 對於喜歡戶外運動的你們，這家坐落在Stanley Park裏面的Sequoia Grill Restaurant應該會更加得到青睞。無論是午餐或晚餐，在Sequoia Grill總是能欣賞到最美麗的景色。一起踩個單車，再一起享用美食，這樣的約會聽起來真是吸引人。記得有空去試試看

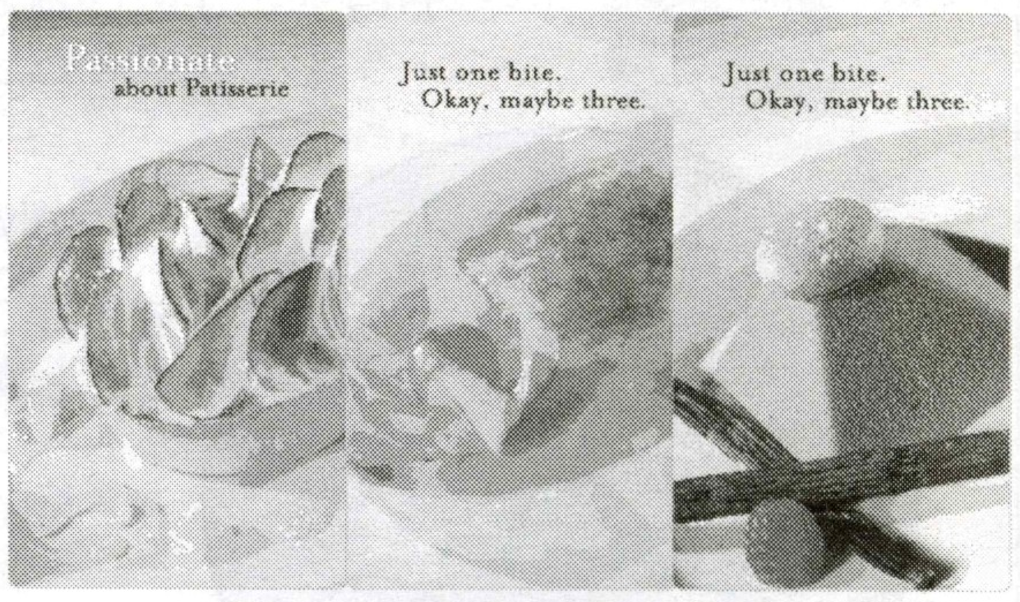
Ferguson Point, Stanley Park Drive, Vancouver. 604.669.3281
URL: http://www.vancouverdine.com/sgrill/home.html

浪漫小食

燭光晚餐，音樂紅酒的浪漫絕對可以拿下一衆淑女的芳心，但是每人100元的預算也足以讓節儉的學子們口吐鮮血。其實，約會不一定非去高檔餐廳不可。人云：有情飲水飽。出奇制勝也未嘗不可呀。

約會吃Hot dog聽起來很利風景，但如果地點在Stanley park就不同了。兩人可以一邊吹海風一邊聊天，興致來了跟海鷗分享手中的食物，盡情享受兩小無猜的樂趣吧！

女孩子大多喜甜，一份讓人難以忘懷的甜點定能給約會加分。地處Yaletown的這家GANACHE是本小編推薦給各位男生的殺手鐧。每一道甜點都都是師傅精心炮製，全都非常贊！不但味道香甜可口，賣相更加一流！光是看就要流口水啦！討女孩子的歡心，靠它了！預覽網站 http://www.ganacheyaletown.com/



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What Type of Food do University Students Like?

As summer arrives, more and more people will likely be heading out to restaurants to eat, celebrate, and enjoy. Therefore, we've conducted a small survey to help you prepare.

Now, let's assume you've met a new friend this semester and are going out to dinner with him or her. The first question you want to ask yourself is, "Does he/she want to go out for dinner?" According to our survey result, it seems that the majority of students prefer to dine out with friends, so there's no doubt dining out with friends to us students is an excellent idea (Fig.1).

Yet, which cuisine would you suggest? To answer this question, take a look at Graph 2: Chinese and Japanese cuisines are by far the most preferred cuisines, followed by Italian and fast food (Fig.2). At the same time, one-sixth of the students reported that they enjoy all sorts of fare, and an overwhelming number of students stated that they wouldn't mind trying out new cuisines (Fig.3).

Now that you know which cuisines people prefer, what kind of restaurant would you pick? Perhaps you will be interested to know that students are split between quiet and lively environments (Fig.4). Frankly, we would recommend going to a place with lively atmosphere with friends you've just met, and then make a transition to the quiet once you've become old buddies. The reason is that conversing is a luxury of the dine-out table, so make complete use of it with your buddies! Of course, you can also ask your friend which type of atmosphere he/she prefers.

Besides the question of atmosphere, the amount of money that your friend is willing to spend is also important. We found a correlation between gender and the amount one is willing to spend on food consumption. On the whole, most students spend less than half of their monthly allowance on eating out (Fig.5), though female students tend to be more willing to spend more on a meal (Fig.6). On the other hand, it's definitely easier to get people to eat out if they have a coupon: our survey shows that most students would go to a particular restaurant for the discount (Fig.7). On a date, though, we recommend you to show the coupon before your significant other arrives.

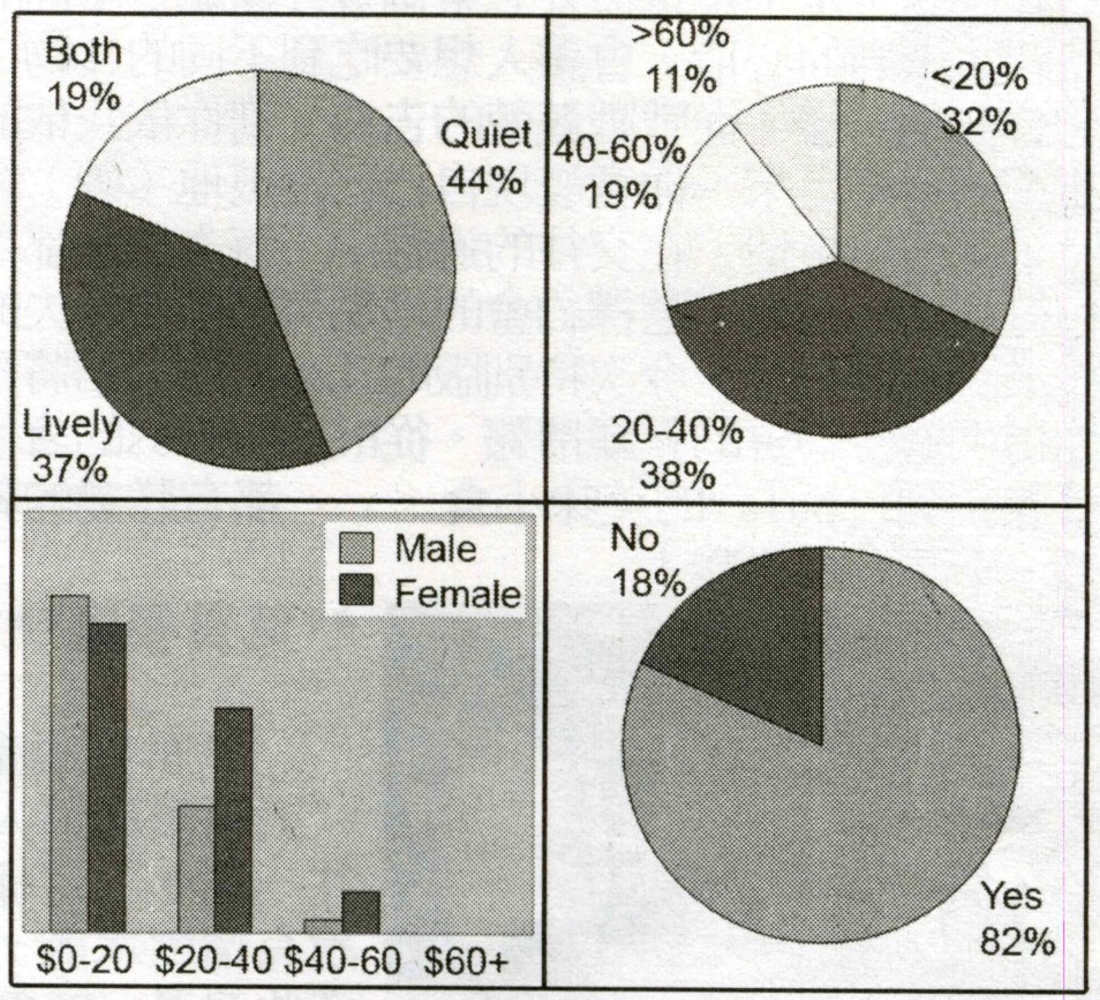


Fig.4,5,6,7 - TL, Dining Environment; TR, Allowance; BL, Allowance: M vs. F; BR, Discount?

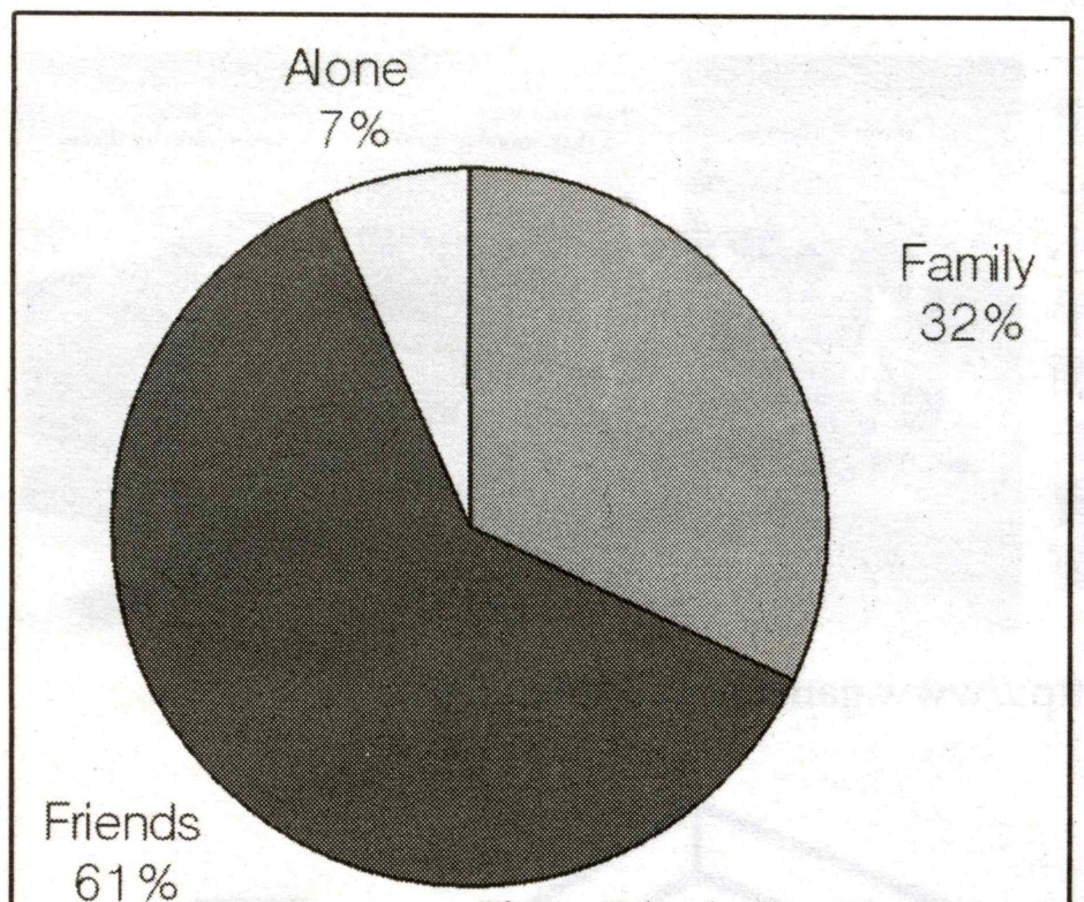


Fig.1 - Friends, Family, or Alone?

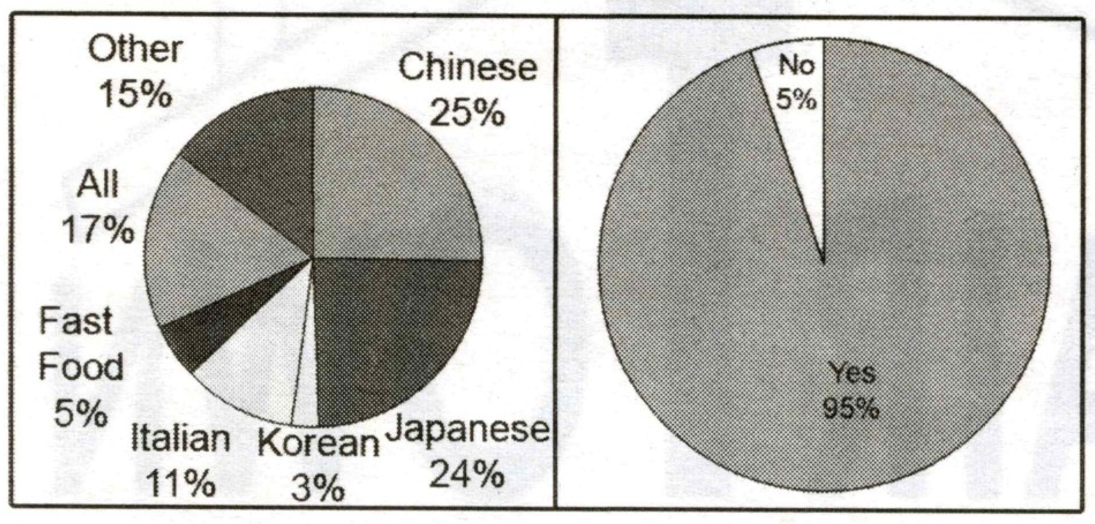
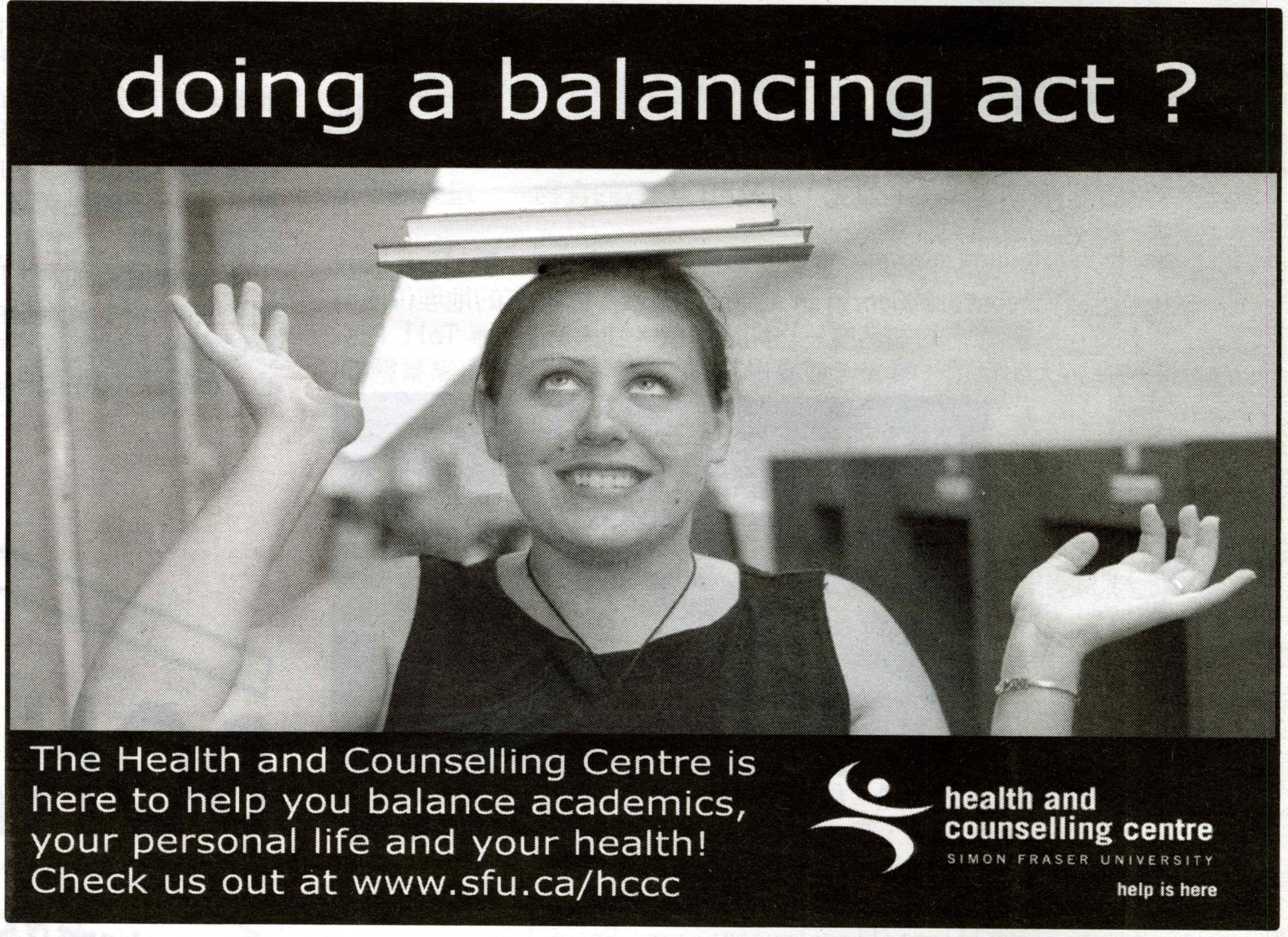
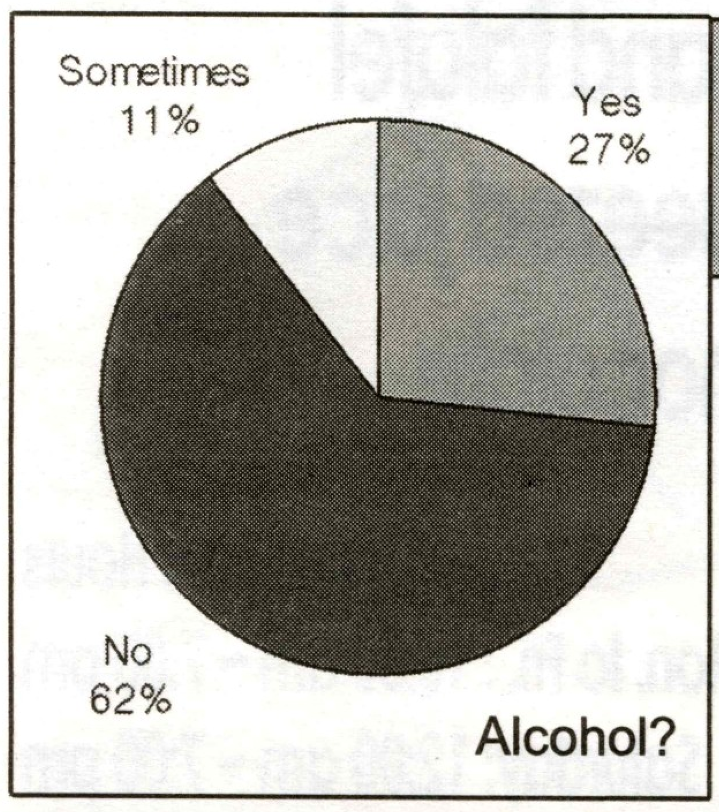


Fig.2&3 - Left, Cuisine Preference; Right, Try new Cuisines?

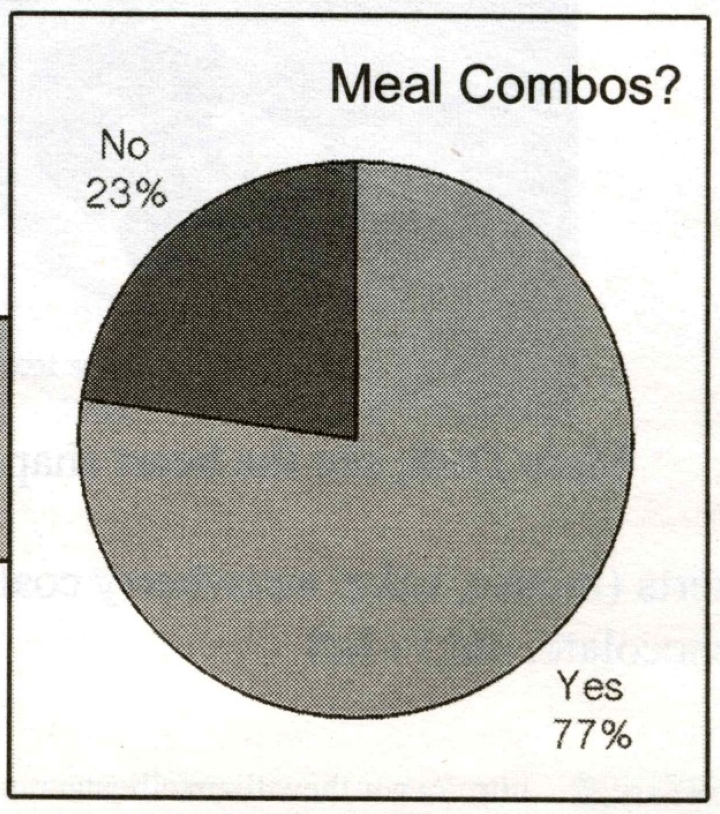


We also see a few noticeable trends, regarding what people order on the dinner table, among students:

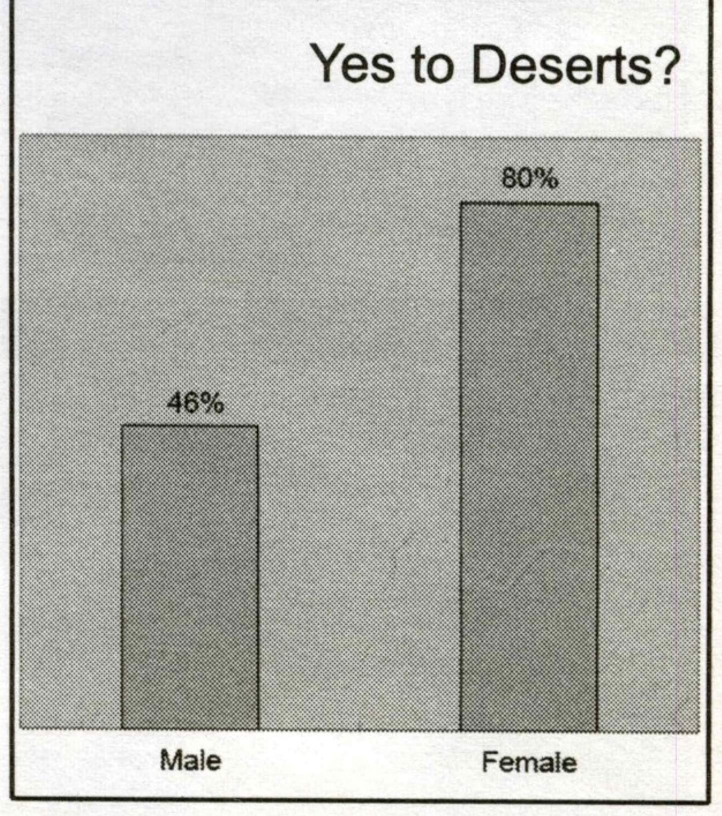
1) Many students don't order alcohol as drink for dinner. Perhaps that's what the bar or pub is for.



2) Most students prefer meal combos, primarily because of the (apparent) more-for-less principle.



3) Not only do males tend to spend less on a meal, they are also less likely to order dessert.



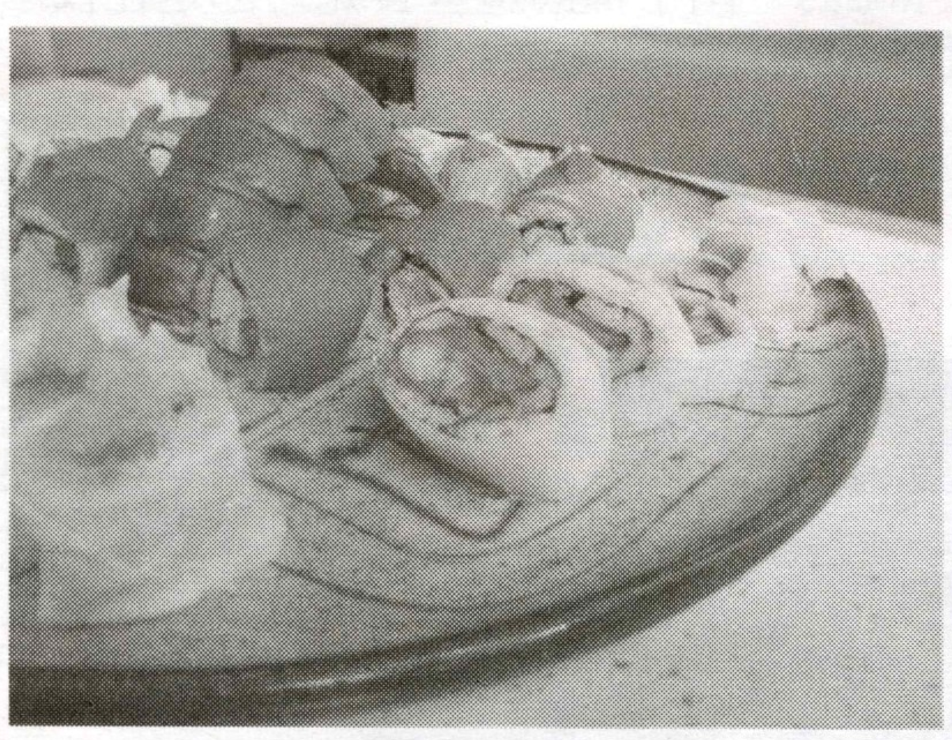
(This survey was conducted on 75 students. To be more representative of the diverse student population, it was distributed to every fifth person we encountered, and to approximately the same number of males and females.)

An Interview with Tojo

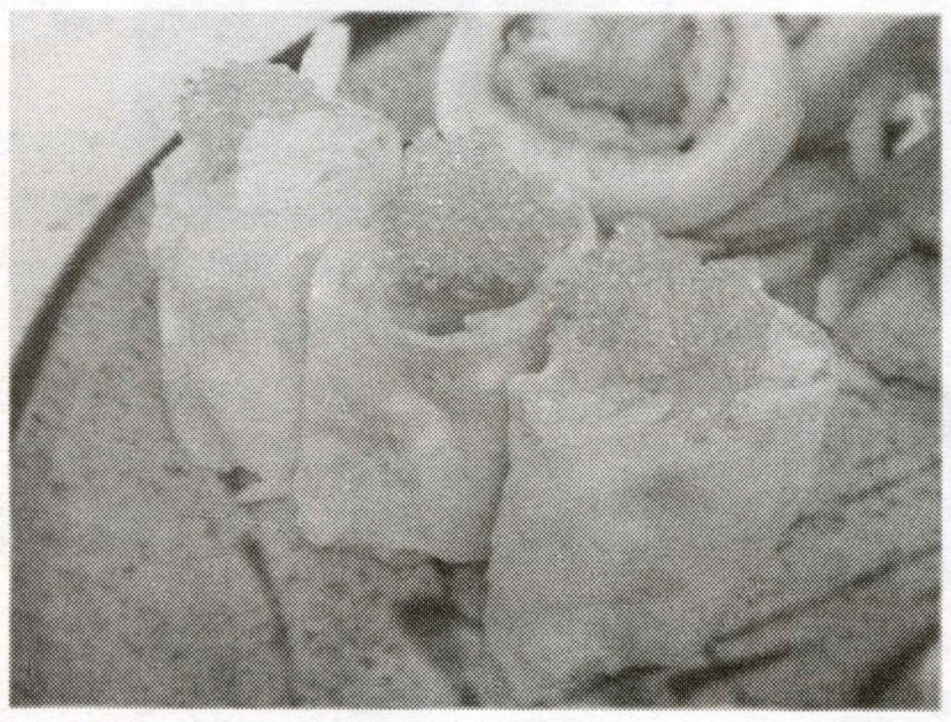
Tojo's乃聞名大溫地區的日本壽司專門店。它甚至可以列爲另類食店，皆因其突破傳統，自我更新的辦店理念。沒有華麗的裝修，卻擁有細膩獨到的菜式。每道菜也是經大厨Tojo先生精思雕琢。其中一道是用超薄青瓜代替傳統乾海帶的壽司可以得見大廚的創作因子。顧客的要求越是無理，他就越能做出「超標」的菜式。所以到過Tojo's 的貴賓名媛，也無不被他一絲不苟的精神感動。

Tojo's 開業至今己差不多二十年，雖然位於不是著名食街的West Broadway。卻因它而使那位置光芒四射。那道光正是來自世界各地的電影名星歌星，而本地的政客也是Tojo's的常客。它吸引之處是透過不斷整合別人的長處，使自己更臻完美，Tojo's就是這樣把日本的大和精神發揚光大。而在Tojo's吃壽像是在品嘗著各國名菜的精髓，而當中又不乏自己風格和獨特性。難怪Tojo's未曾標榜自己是一家Japanese restaurant，而只以Tojo's 命名。

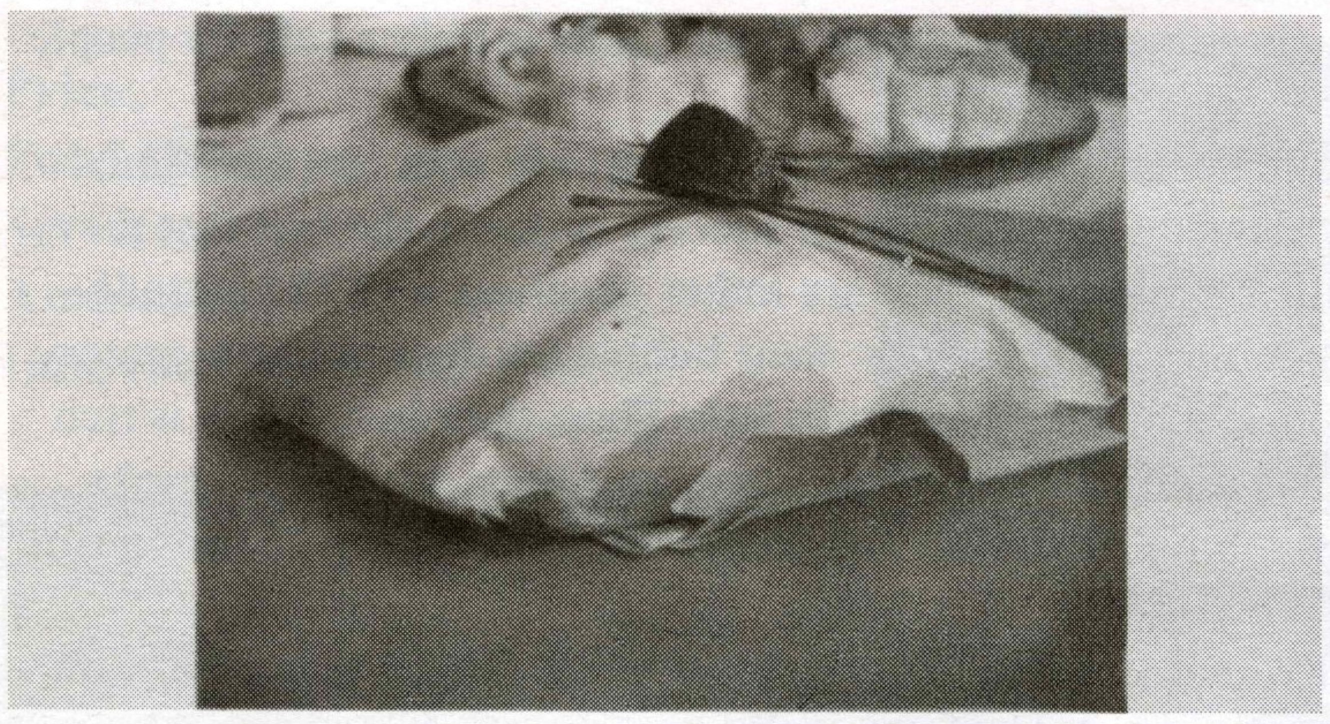
Tojo's Restaurantという名の店を聞いたことがあるだろうか。そこはWest Broadwayの一画にある１９８８年開業の寿司を中心とした日本料理店で、馴染み深いCalifornia Rollは、実はここが元祖。オーナー兼シェフの東条氏は、笑顔の可愛い気さくな人である。日本の料亭で修行を積んだという彼が作り出す料理の一つ一つは、繊細かつ丁寧な作りで、見た目は食べるのがもったいない程美しい。使う食材は新鮮な地元産のもの。素材の組み合わせ方も上手で、味も申し分ない。その爲多くの人から賞賛を浴び、有名人や各界の要人が店に頻繁に訪れる。ホテルなどでも度?東条氏の腕前が披露される程だ。彼の成功の原点は井上靖の「化石」という本との出会いにある。そこから、独自性の追求を座右の銘とし、人生を楽しみながら心豊かに生きる事に重きを置いてきたという。彼の独自性とは、味と質にうるさい顧客をいかに満足させるか考えつつ、料理を通して自分らしさを表現する事をいう。顧客のニーズを的確に把握し、常に向上心を持ち続け、また新作を練ることで感性にも磨きをかけてきた東条氏。彼の生き方そのものが成功の秘訣といえるだろう。



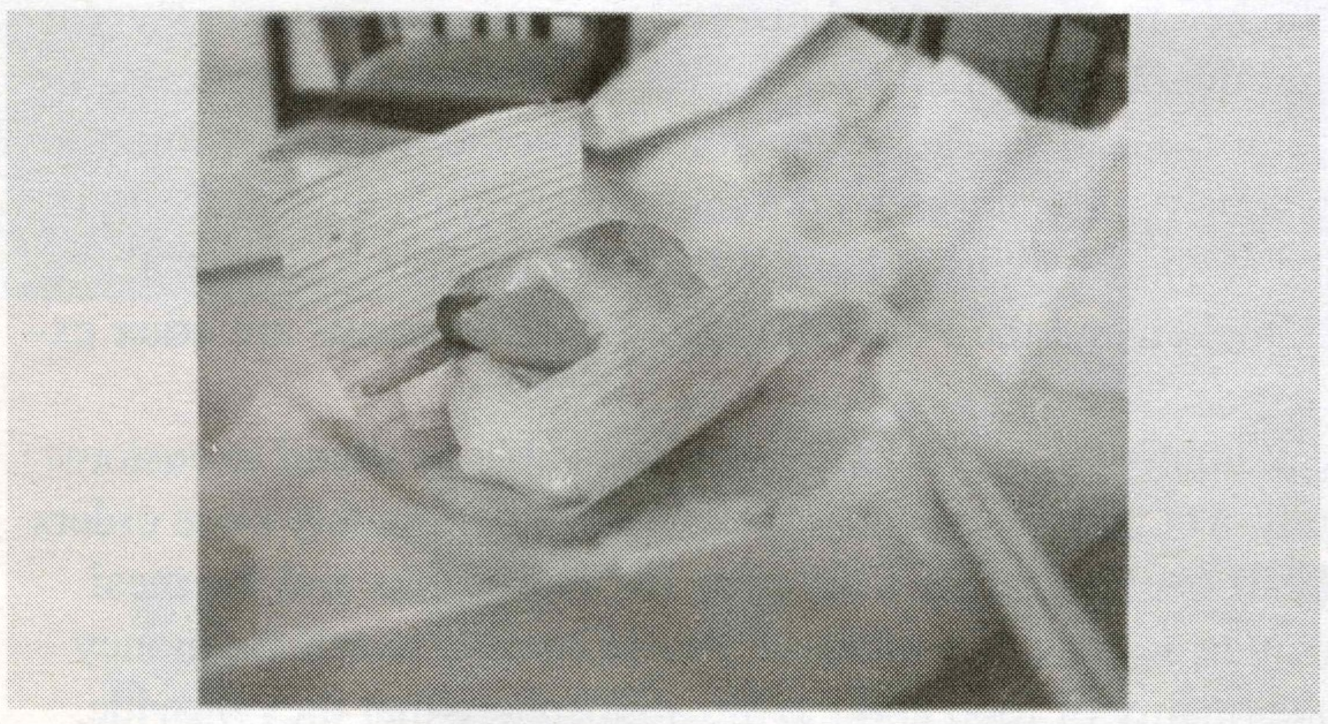
碟中最右邊的是用超薄青瓜代替海帶的壽司
左からゴールデン・ロール、グレート・カナディアン・ロール（中央）、ノーザンライト・ロール（右）ガリはもちろん自家製。



傳統的蛋壽司
帆立貝・蟹（本物）・海老・鮭・を薄く焼いた卵で包んだもので上の卵はまさご。



看外表像麥兜裡面的紙包雞，但其實內暗藏加拿大特產Canadian Sablefish。
"奉書焼（ほうしょやき）"奉書紙を使っている事からそう呼ばれている。



魚身經過熱油輕灼，而魚肉被切成一個大洞，包著芒果等蔬果，是Tojo's近年來特色菜式之一。
少し燻製させたギンダラ（Canadian Sablefish）で松茸・アスパラガス・ごぼう・マンゴを包んだ後、経木でタラを包み、最後に奉書で巻いて焼いたもの。

LEARN THROUGH YOUR UNDERGRADUATE STUDIES

TUTOR ESL STUDENTS

The Faculty of Education of SFU invites undergraduates to apply for part time positions in tutoring ESL students beginning July 1, 2006; paid training will precede this date.

Duties and responsibilities include tutoring support to build the basic reading, writing, listening and speaking skills of children in Grades 4-7 who are second language learners of English.

Selected candidates will be trained and posted to various community agencies in Burnaby and Surrey. All successful candidates will be required to commit themselves to tutor for 5-15 hours per week. The positions may extend throughout one's student career at SFU. These are paid positions.

Ideal candidates will possess:

- high interest in working with children
- excellent oral & written communication skills
- patience, warmth, a caring nature & a sense of humour
- desire to learn teaching skills
- enthusiasm to acquire cross-cultural experience

Knowledge of a language other than English would be an asset in the position.

Please e-mail a cover letter and resume to ksewrutt@sfu.ca. Review of applications will begin May 15th, 2006.

Note: Successful applicants may be required to undergo a criminal record check.

峰人食評

食在溫哥華。說起飲食，溫哥華可說是“海納百川”的飲食聖地。此次峰鳴特地以美食作爲主題，爲各位奉上一份“美食導航”。Feature的餐廳介紹將以兩條主線展開。既有所謂“平民化”餐廳，包括以簡餐爲主的Café restaurant -- Bread Garden，台灣式套餐小食 -- 陽光屋 & 圓香Pearl Castle，以及情調和美味兼具的甜品店 -- CheeseCake Etc.。除此之外，亦有一些中高檔的氣質餐廳，包括以石頭燒烤聞名，獨具匠心的西餐廳Stone Grill；以辛辣過瘾自誇的中式四川風味餐廳“小四川”；以日式夏威夷混合風情點綴的日本料理店Hapa Izakaya；还有以“ribs”著稱的西式餐廳Tony Romas。由于推薦這些餐廳的都是在校學生，相信這份情報可以迎合同樣身爲學生的讀者們的口味。

小四川 -- Cherry

川菜乃中國八大菜系之一,也是最受到大家喜愛的。川菜歷來享有“一菜一格，百菜百味”之美譽。相信一提到川菜,大家就自然會想到個“辣”字。不錯,川菜具有麻，辣的特點，而且幾乎每道菜都是色香味據全。習慣吃辣，造就了四川人豪爽,耿直的個性。當然,川菜並不都是辣的,怕辣的朋友也可嘗嘗四川菜喲!

在Richmond三號路有一家”小四川”，從去年十月分開店。至今開業不到一年已客似雲來。傳說,在這裏，有很多好吃的.肚子開始叫了吧? 那麼,就跟我一起到小四川看看吧!

特色菜No.1: 香辣蟹

這道菜是以螃蟹爲主料。據說香辣蟹是由重慶人發明,成都人改良,然後聞名全國。因此給分爲重慶流派和成都流派等，不過兩者都大同小異。辣蟹辣而不燥,就算不太能吃辣的朋友,小試一口也不會讓人畏懼得不敢再吃第二口。香辣蟹在製作中加入了十幾種調料和原料,使螃蟹和辣椒的香味都到達極致!而且鮮紅的辣椒和鮮紅的螃蟹,再加一點綠色小蔥,怎麼樣,看著都流口水了吧?

特色菜No.2: 辣子雞丁

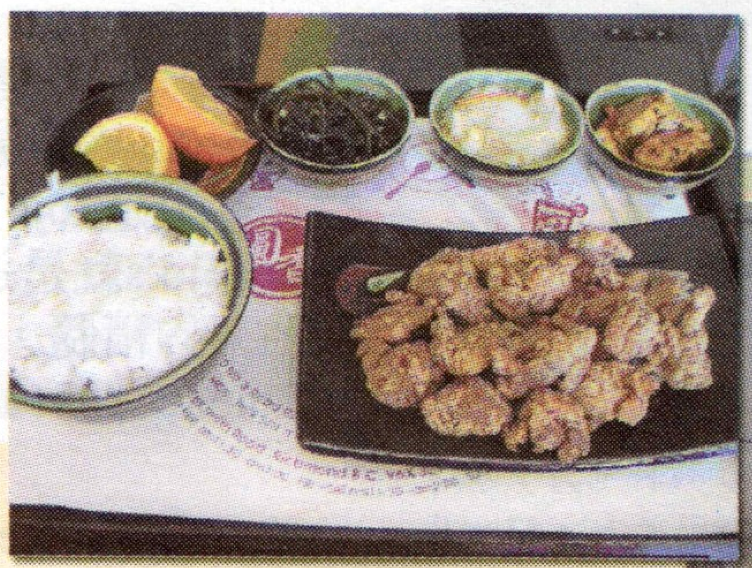
香辣的不只有螃蟹,還有著名的辣子雞丁。就算是一邊吃一邊喝冰水,也蓋不了麻辣之火，辣之元兇:幹辣椒和花椒在這倒菜裏起主要的調味作用,而其用量極多,最好是能把雞塊全部蓋住。其中雞塊是經過油炸的,所以吃起來香脆可口。當然咯,要是實在不能吃太辣,可以叫老闆少放點辣椒和花椒。(對了,冰水是不收錢的,可以隨便喝,呵呵)

特色菜No.3: 東坡肘子

如果你沒辣過瘾的話,還有其他很多佳餚等著你去品嘗呢。不過,我想有些朋友可能已經被辣得快不行了吧?介紹給你一道不辣,但卻經典的菜吧:東坡肘子.蘇東坡我想大家都應該認識,他是一位北宋時期著名的文學家和書畫家。起初的東坡肘子就是出自他之手。東坡肘子具有“肥而不膩,粑而不爛”的特點,吃起來有滑滑的感覺。味道濃郁,口感均勻。據說它還是道不錯的美容食品呢!愛美的MM們,一定要多吃喲!

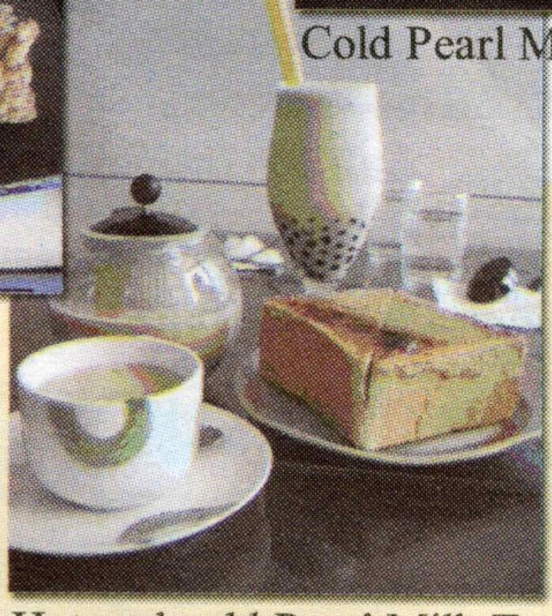
Price: ★★★½
Food Quality: ★★★½
Service: ★★★★
Ambiance: ★★★½

小四川
電話: 604-273-3388
地址: 160-170-4200
No.3 Road.
Richmond, BC

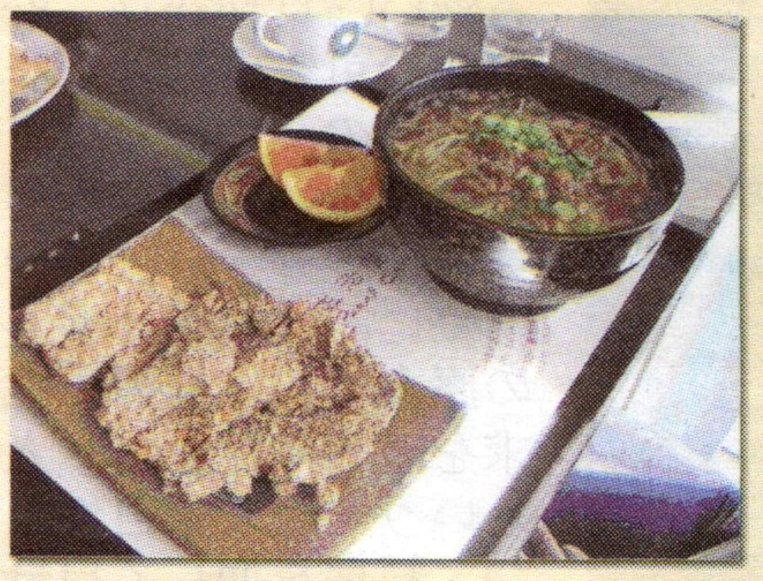


The Fried Chicken Nuggets Meal

Cold Pearl Milk Tea



Hot and cold Pearl Milk Tea with Peanut Butter Thick Toast



The Pork Chop Noodle Soup

Price: ★★★★
Food Quality: ★★★★
Service: ★★★★
Ambiance: ★★★★★
Innovativeness: YES

Pearl Castle -- Christine

Whether it is a weekday or a weekend, Pearl Castle is busy at all times of the day. In the afternoon, the majority of customers are families, while the evening attracts numerous teenagers. Pearl Castle is truly a café for people of all ages.

Pearl Castle began as a simple Bubble Tea café with few traditional Taiwanese snacks on its menu. Their success is due to the fact that they make fantastic bubble teas. They are rather generous with the ingredients they use to make their drinks: their bubble tea does not taste watery or bland because they add more milk in it. Thus, their bubble tea is rich in taste and has a smooth and creamy texture. Other distinctive drinks include the soothing Hot Grass Jelly tea and the refreshing Passion Fruit Oolong tea.

After undergoing renovations, Pearl Castle now serves a variety of traditional Taiwanese food. The menu includes soup noodles, rice meal sets and even mini hotpots. The meal sets include special side dishes of vegetables and dessert. My favourite meal set is the Fried Chicken Nuggets meal. The nuggets are specially spiced, which adds flavour to the originally bland chicken meat. It is fried just right because the outside layer is very crispy, but the inside remains tender. As for the Fried Rice meals, the rice is very unique because of its green colour. Another popular choice is the Kimchi hotpot. Although the hotpot ingredients are not quite fresh, it is rare that one can have a cup of bubble tea while enjoying hotpot. The Spicy Diced Chicken and the Pork Chop Noodle Soup meals are other excellent choices.

During peak hours, the servers are not always able to attend to customers immediately. Yet, food and drinks are served rather quickly once orders are placed. Pearl Castle charges a bit more for their drinks and the meal sets do not include a drink. Nonetheless, Pearl Castle is worth the money considering the quality of food and the hip atmosphere that they provide.

Pearl Castle 604-270-3939
#1128-2779 Sexsmith Road
Richmond, BC

麵包花園
遇見

第一次和它相遇是一個天氣晴朗的早晨。那天原本打算和朋友去游泳，卻因泳池維修而中止計劃。正覺得掃興，突然間聞到一股香味。不自覺地，我們被那股新鮮的烤麵包味吸引進一家coffee shop。

這間店外表十分簡樸，卻是內有乾坤，重點就在於它的料理十分新鮮。那天我和朋友各自要了一份“morning special”：一個夾有香噴噴的煙肉和煎蛋的bagel，以及一杯熱騰騰，新鮮的咖啡。這樣一份早餐，捧在手裏已經覺得滿足。

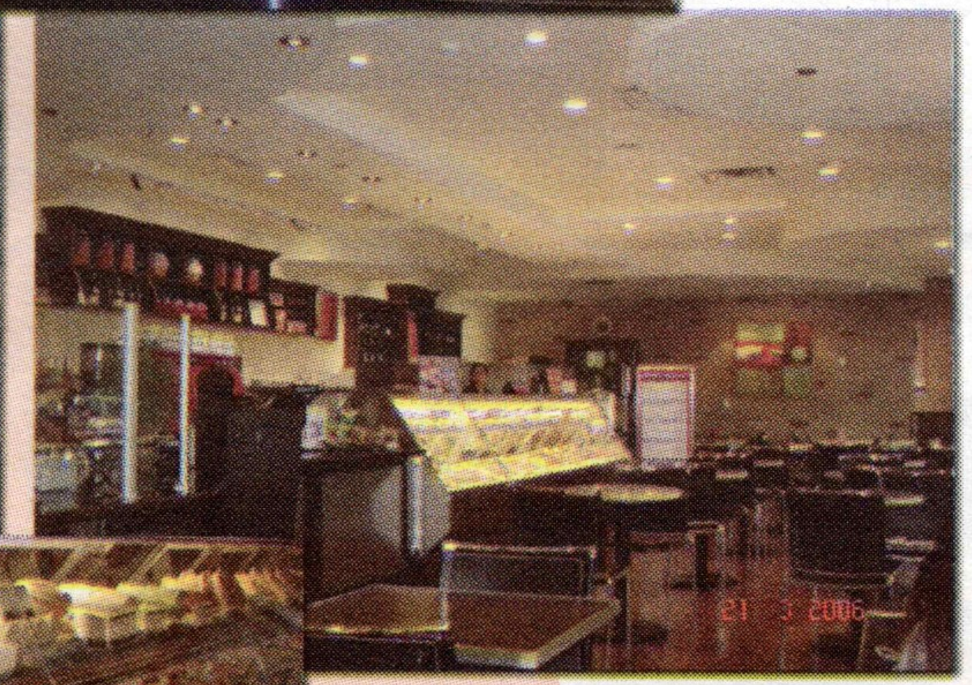
找了張靠窗的座位坐下，開始跟朋友一起享受這份意外得來的早餐。Bagel的烤得鬆脆，配上煙肉和蛋，口感一流。咖啡不但新鮮，還特別的香鬱，會讓人聯想到剛剛烘烤好咖啡豆的情景。喝一口，整個人都精神起來，一掃沒能晨運的頹廢。時間就這樣一點點地過去。

吃完早餐，開心返家。途中卻突然想起自己還不知道那家店的名字。這可不行，以後還要再次光顧呢。急記折返，看到“麵包花園”（Bread Garden），一個很美的名字。

之後好幾次都想去那家店，重溫那種新鮮和溫暖，可惜發現它在裝修中。漫長的等待，終於在今年一月實現願望。一次偶然的機會下，一位朋友過生日，我們去了煥然一新的“麵包花園”慶祝。跟上次的感覺全然不同，望著擺在玻璃櫃裏形形色色令人垂涎欲滴的食物，我幾乎不知道自己要嘗試那一個才好。最後選了Daily Special：一份新鮮熱辣的雞湯，外加仍有餘溫的雞蛋三文治。店面裝修得更漂亮，但是食物還是保持跟上次一樣的水準，果然沒叫我失望。今次除了享受美味的正餐，由於有人生日的關係，蛋糕當然是必不可少的。我們在衆多甜品中挑中了看上去最耀眼的芒果芝士蛋糕。甜而不膩的蛋糕，配上清香的綠茶，感覺舒服極了。

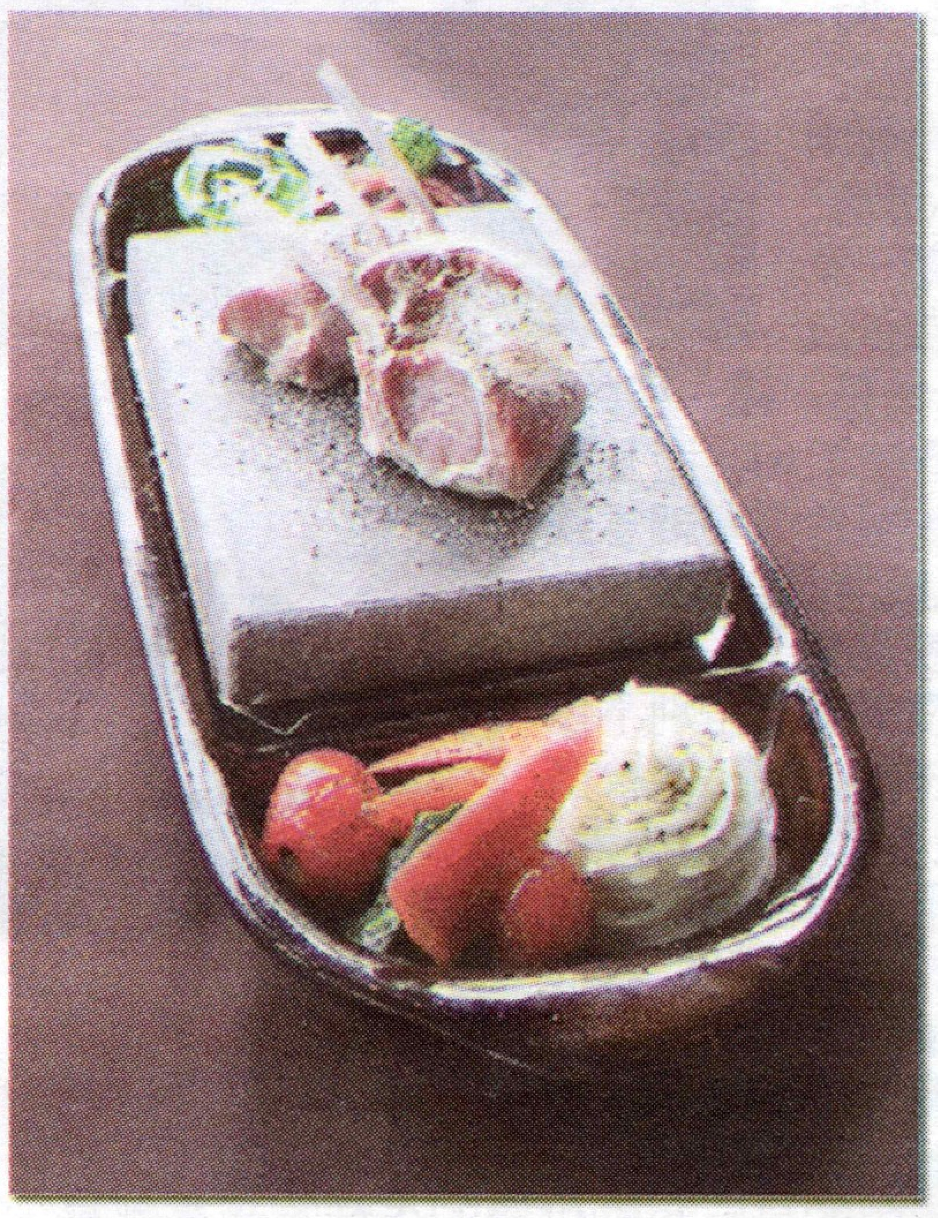
“麵包花園”猶如真的花園一樣，內涵各種各樣的東西。踏像是coffee shop和餐廳的混合體，從早到晚都可以享受到新鮮的食物，更可以輕輕鬆鬆地在這裏打發空閒的時間。

Price: ★★★½
Food Quality: ★★★★
Service: ★★★½
Ambiance: ★★★★
Innovativeness: NO, it has an uninteresting menu.

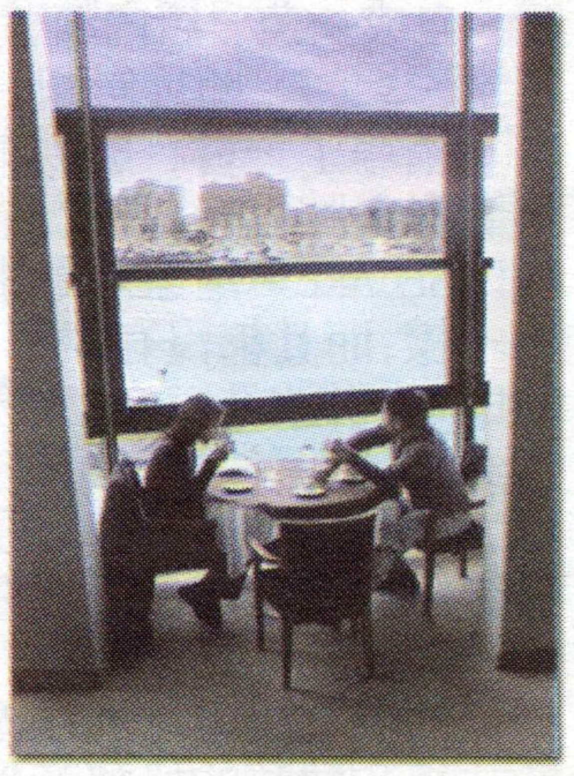


Stone Grill
文 / 單片林

如果你是個美食偵探，就一定聽說過Stone Grill，一家以石頭聞名的西餐廳。什麼？石頭？不用驚訝，能夠用來烤牛排和海鮮的石頭當然不是普通的石頭。Dense molten rock，是Stone Grill從國外（據說是澳洲）進口的岩石。若把它加溫至400攝氏度，便可以在上面烤肉類，海鮮，以及蔬菜。烹調出來的食物可謂原汁原味，絲毫沒有添加額外的醬汁或調味品，非常適合怕油膩的女性朋友們。



食物 (Taste)：
儘管有些人不習慣Stone Grill的清淡口味，但筆者認爲，Stone Grill突破西餐自古以來的刻板印象一油膩，沈重一而以自然，忠於原味著稱，實在是值得佳獎。除此之外，筆者要特別推薦Rib Eye這款主菜。不但富有嚼勁，肉汁也極其鮮美，讓人齒夾留香。Stone Grill也提供多種海鮮類的主菜，以豐富顧客的選擇。



服務(Service)：
說起服務水準，Stone Grill有著笑臉迎人的服務員（皆是辣妹帥哥哦）。他們會殷勤地照顧你的需要，更會耐心地跟你講解Stone Grill所用岩石的來龍去脈。如果你對該點的菜色猶豫不定，聽他們的推薦應該沒錯。

氣氛(Dinning atmosphere)：
由於占了地理優勢，Stone Grill坐落於溫市的YaleTown（Granville St.）。因爲臨海的關係，景致優美。店內更是采用一流的裝潢設計，極具浪漫氣息。晚上去用餐的話，可以看得到停在岸邊的遊艇，還有因燈光折射而波光粼粼的海面。

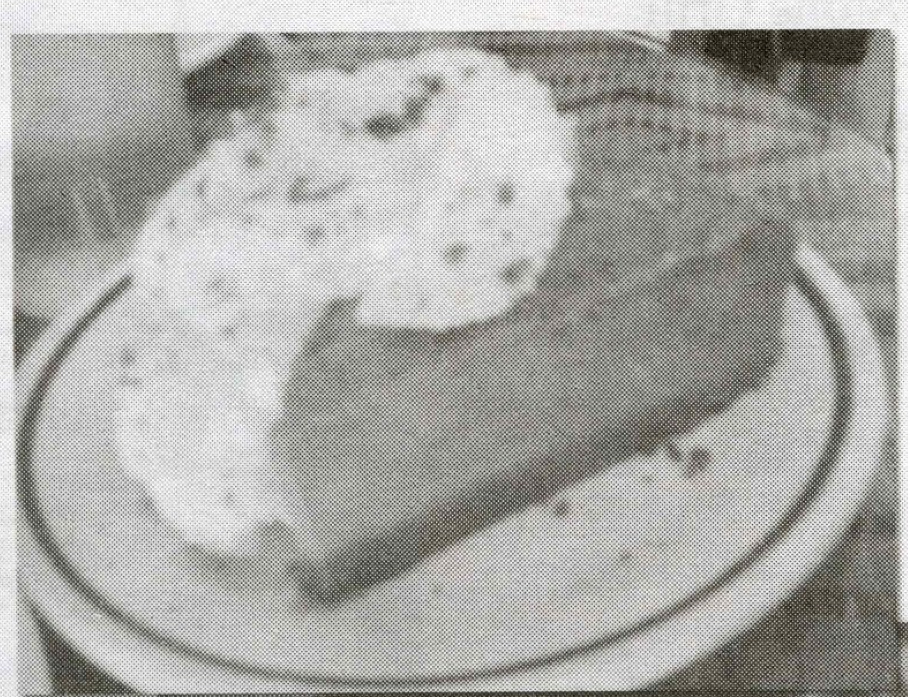
創新(Innovativeness)：
不用多說，當然是滿分。店家的獨具匠心，不難在她所呈現的食物感受到。用石頭來代替烤箱或電爐，已經是一大創舉。儘管已經有了這個賣點，Stone Grill在其他營業的手法上也絲毫不鬆懈。從裝潢到服務，處處都精益求精，令人佩服。

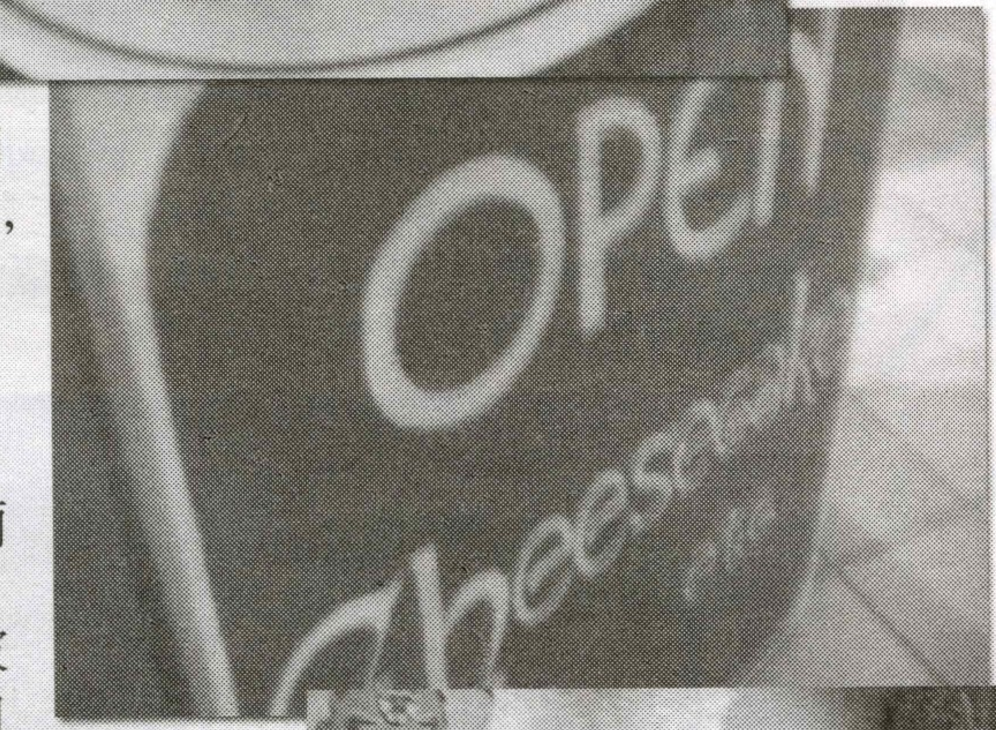
價位 (Price)：
說貴不貴，說便宜不便宜。Stone Grill的價格大約在$20-25（午餐），$35-50（晚餐）。套餐比主菜要高十幾塊，包括餐湯，甜品和咖啡等等。

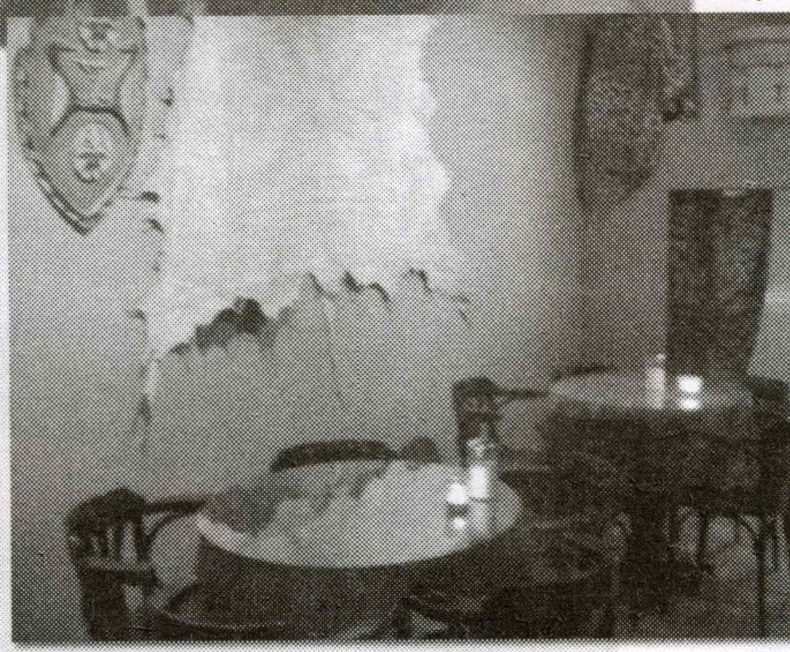
Price: ★★★★
Food Quality: ★★★★
Service: ★★★
Ambiance: ★★★★
Innovativeness: ★★★★★

（資料來源：http://letsgofordinner.com/Vancouver.cfm?detail=84&area=1&#focus）

Cheesecake etc.
木木豆







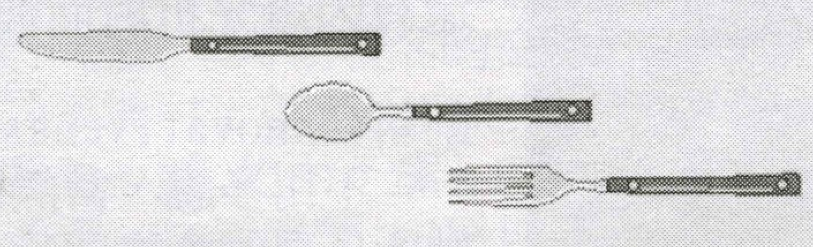
生活在溫哥華的年青人的晚間娛樂,大概都離不開吃吃喝喝。大家對於飯後的餘慶節目總是樂此不疲，用膳是一個地方，完事後喝飲料的或者吃甜品的,又老是分開在別的店。今天晚上我們一行幾人吃飽以後,又到了那家我們常去的奶酪蛋糕店小歇一會。

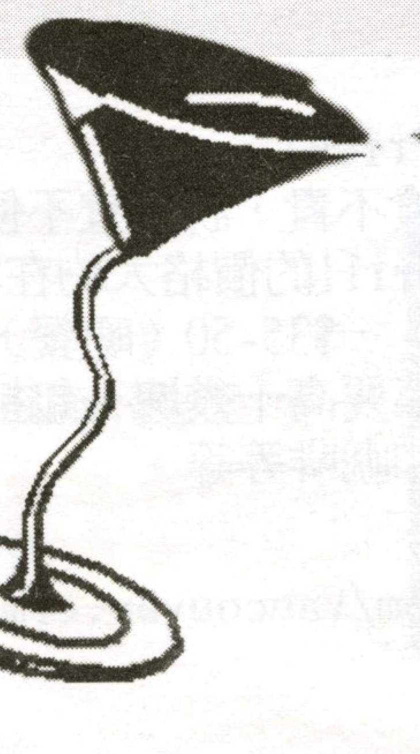
在溫哥華GRANVILLE STREET 和 5TH AVENUE交界的CHEESECAKE ETC.,已經成爲我們這群豬朋狗友最喜愛的飯後去處之一。這家以奶酪蛋糕聞名的店只在晚上七時到凌晨一時營業。還記得第一次在蛋糕店的對面,看到在剛入黑後暗灰街上亮著兩面大玻璃窗裡一串串微黃的小燈泡。直到來到店舖門前時,才發覺一家蛋糕店其實是分開了兩邊,各自有自己的門口的。兩邊所供應的食物是一模一樣的,只是左邊的那一家燈光比較昏暗柔和，而且有樂隊即場演奏爵士樂,格調比較適合需要細意談心的客人。而像我們這些三五成群高談闊的熱血青年,通常選擇右邊燈光比較黃亮，人客亦沒那麼擠擁的一家。 兩邊的陳設事實上差別不多，都是小巧的圓桌和長檯與長椅的配搭,條紋檯布上置放了小小的洋燭，溫暖著每一桌的小天地。在右邊那家,近櫥窗旁的兩桌還被木屏風隔開，自成一角。店內牆壁上掛了各種裝飾,包括了電影海報，照片彩圖，還有一些精緻的原著民藝術品。

稍等了一會，殷勤有禮的女侍應面帶笑容地步近,爲我們點食物。看過餐牌以後,我們最後點了招牌 PLAIN CHEESECAKE, CHOCOLATE CHEESECAKE。這家店最別具特色的是它每晚供應的蛋糕吃起來都是不一樣,而且都沒有餅底。小小一件淡黃的CHEESECAKE和幼滑的WHIP CREAM一併放進口中,我發覺今晚的蛋糕水份比較多，漸漸就溶化在舌頭上,口感較弱。可是奶酪的微酸夾雜了少許的甜味，味道恰到好處,不會有那種吃幾口便驟覺過甜的膩感。即使吃完了整件餅,也不會覺得太過飽滯。而那件CHOCOLATE CHEESECAKE,黝黑的餅身上頂著一團純白的WHIP CREAM，裡面還有細碎的巧克力,賣相相當吸引。第一口的感覺比方才那件PLAIN CHEESECAKE結實。然後我發覺,巧克力的味覺和酸酸的奶酪竟然可以製造出如此可口的化學作用。細細咀嚼下,巧克力,奶酪的味道和蛋糕的質感依然清晰可分，一件蛋糕,三種味道，令人回味無窮。

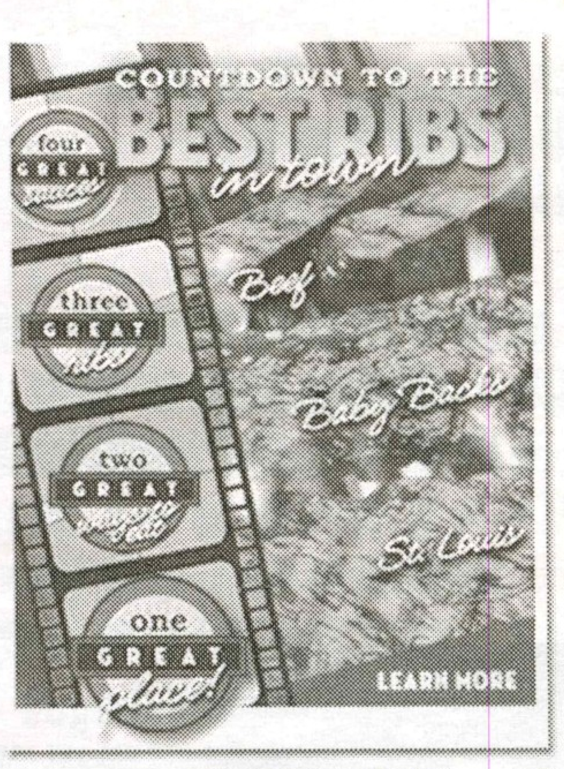
據說吃甜點能夠製造快樂的感覺。我們每次都懷著愉快的心情離開蛋糕店。每人以四塊多換來幾小時的歡樂，實在有夠大眾化。

Price: ★★★★
Food Quality: ★★★★
Service: ★★★★
Ambiance: ★★★★½
Innovativeness: YES





Tony Roma's --
吃肋排的首選餐廳?
啓芠



喜歡吃肋排的朋友相信都聽過Tony Roma's (TR's) 這間世界聞名的美式連鎖餐廳吧! 其特製原味烤肋排 (Tony Roma's Original Back Ribs)可以說是世界馳名。烤得香滑幼嫩的肉排配以特製原味烤肉醬，用刀子輕輕一壓，又嫩又軟的肉便從肋骨上分開，簡直是想起也令人垂涎三尺。前菜香酥洋蔥磚(Onion Loaf)亦是餐廳另一重點推薦。洋蔥沾上麵粉後壓成磚狀再炸至金黃，再配以特製的甜酸醬。雖然筆者覺得這道菜有一點過於油膩，但炸得又熱又脆的洋蔥圈放進嘴裡的口感不錯，值得一試。

此外，Tony Roma’ s 還有其他多種口味的肋排、炭烤肉品如牛排、烤雞、及海鮮、香烤馬鈴薯皮、烤馬鈴薯湯、各式各類的沙律、漢堡包、三文治和甜品。雖然這些食品都沒有其肋排那麼著名，但味道還屬於不過不失，比一些普通小型的美式餐廳優勝。

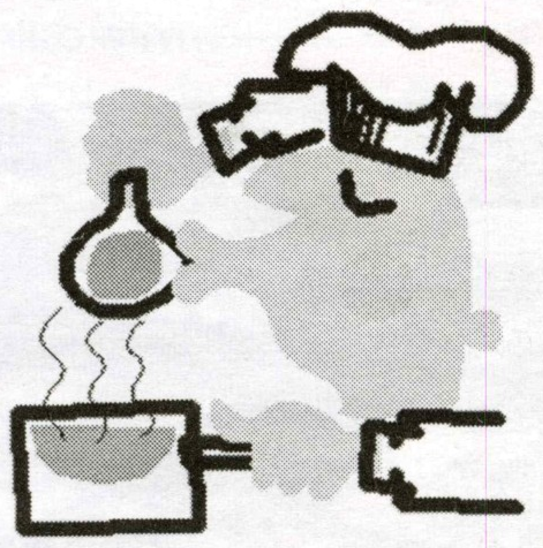
至於價錢方面，一份普通肋排(regular size)大約是加幣$20-26，比起其他美式餐廳來說不算太貴。食客也可以隨意挑選自己想要的份量。如果不夠吃的話，可以多加幾塊錢叫組合餐(combination)拼以牛排、烤雞、海鮮或者其他口味的肋排。如果怕一份普通肋排太多的話，又可以只叫半份。配菜方面有薯條、焗薯、薯蓉、椰菜沙律等。每份肋排或炭烤肉品跟兩道配菜，食客可自由配搭。

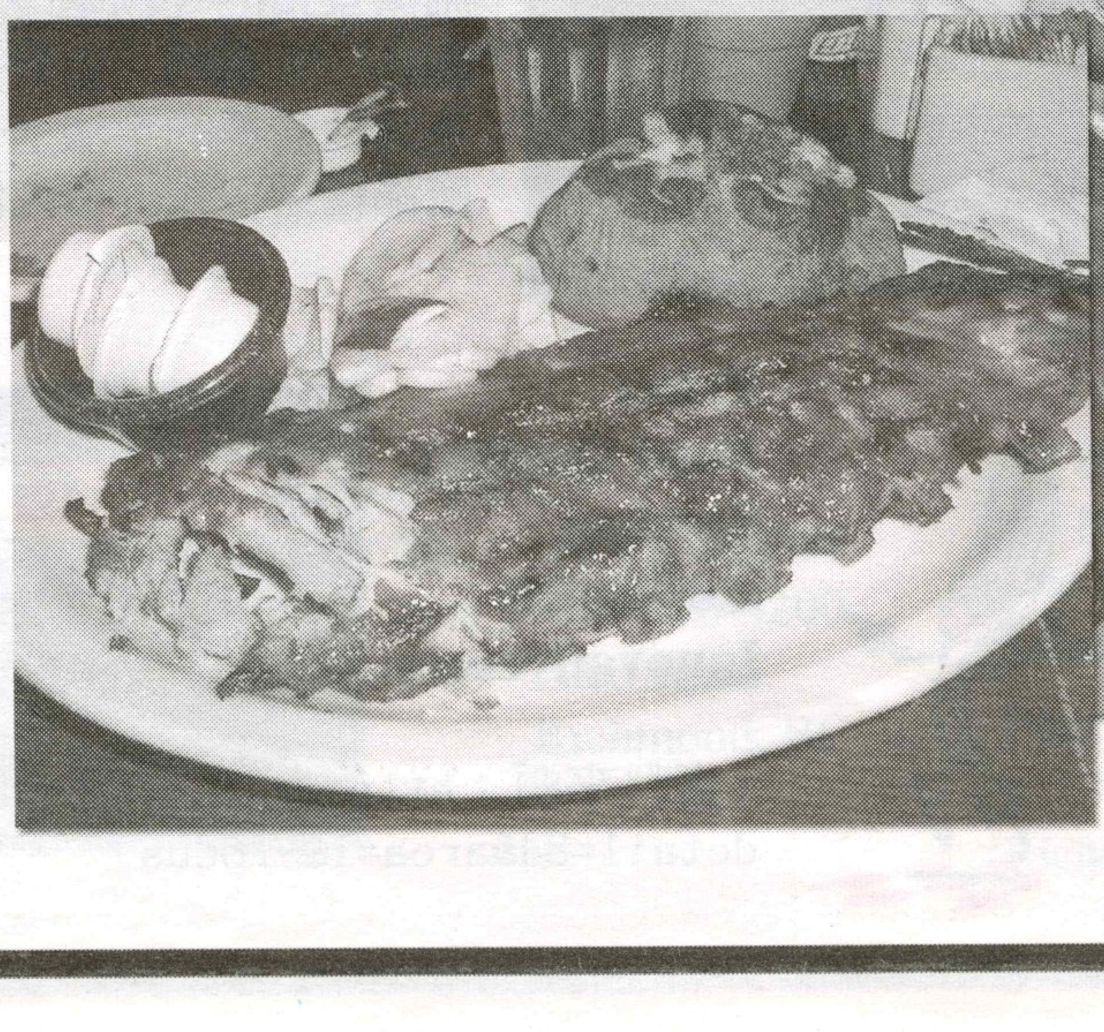
Tony Roma's於全球27個國家總共有260家分店。大多分店都以深木色的間隔和裝修爲主。座位跟很多美式連鎖餐廳一樣寬躺舒適。樸實的木頭設計、暗淡的燈光，TR's可以說是一個很適合三五好友或情侶相聚的地方。

可惜的是，因爲是連鎖店的關係，位於不同國家的Tony Roma's的品質都有所差別。筆者就曾試過於美國幾間不同州份的TR's，它們做的肋排平均都比在加拿大那幾間做的更好、更香嫩多汁。爲了讓讀者更了解位於不同地方的TR's可以有的差別，筆者對位於加拿大卑斯省高貴林(Coquitlam)分店和位於美國加州阿那罕姆市(Anaheim)分店做了一個對比評價(以五星爲最高):

加拿大卑斯省高貴林分店
Price: ★★★
Food Quality:★★★
(雖比一般美國的好 但肋排未算最好味 肉質烤得比較乾)
Service: ★★★★
Ambiance: ★★★★
Innovativeness: YES

美國加州阿那罕姆市分店
Price: ★★★
Food Quality: ★★★★
Service: ★★★★
Ambiance: ★★★★
Innovativeness: YES





陽光屋 — 花語

溫哥華是個出了名多雨的城市，而在這座細雨綿綿的城市裏，一年裏有陽光的日子並沒有很多。所以在天氣不好的時侯，我總是想找個充滿陽光的地方來坐坐，而我第一個想到的地方就是陽光屋。陽光屋是一間提供台灣食物的餐館，也是一個台灣朋友指定我非去不可的餐館。我知道這個餐館才不過兩年的時間，但我已經去過那裏無數次了，不管是和家人還是朋友一起去。

陽光屋的面積不是很大，裏面只有七八張桌子，一共也只能坐三十個人左右。正因爲這樣，客人會有一種賓自如歸的感覺。一走進店裏，可以看到一個小小的書架在一旁，上面搬滿了最新的各色各樣的娛樂雜誌。室內四周的牆上也掛有一些畫，有的是美味的食物，有的是明媚的風景。桌子都是乾乾淨淨的，好似剛打完腊一樣的有光澤。裏面還播放著流行的歌曲，音量不大也不小，剛好可以聽得清楚但又不會覺得很噪，更不會打擾和朋友聊天。那裏的服務員都是來自台灣的女孩，每一位也留著飄逸的長髮，臉上掛著淡淡的微笑，身上還帶著一條圍裙，看起來特別的整潔。

陽光屋的菜單也很豐富，由地道的台灣小吃到甜品都應有盡有。加上價錢也不貴，一客飯或一個炒麵也不過在八元以下，正好適合我們這種經濟能力不是很好的學生們。我一般也會叫一客飯，再點一杯飲料。最喜歡也是最常點的就是那裏的鹽酥雞飯或是紅燒牛肉飯，飲料當然是我覺得獨一無二的蘋果奶茶。

陽光屋裏面的餐具也是很有特色的。盛菜的盤子都是大圓形，匙子也是圓形的，這樣的園形一般會給客人帶來一種親切的感覺。裝飲料的的杯子也並非簡單。杯子是玻璃的，像一個很有線條美個小花瓶，更像一件精致的藝術品。

在我最喜歡的那客紅燒牛肉飯裏，有一份生菜沙拉，上面放了一些粉紅色的沙拉醬，那味道甜裏帶有一點酸，吃起來很開胃。有一隻鹵水蛋，很入味很好吃。再來的是一份白飯，爲了不讓白飯看起來太單調，廚師放了幾顆黑芝麻來做點綴。還會有一份蔬菜，而每天的菜也不同的。有時侯是西蘭花，有時侯是油菜花。最後的一份就是主菜，紅燒牛肉。那味道真的是恰到好處，籮蔔是清甜的，牛肉是嫩嫩的。最好再加上那杯淡綠色蘋果奶茶。即使外面是暴風雨還是微雨，心情都會馬上舒緩下來。

好的食品不用多，只要足夠就好。像這樣的一份套餐，並不會太多，剛好可滿足一個人的食欲。如果店里沒有太多客人的話，用完餐以後，也可以在裏面翻翻雜誌，聽聽靚歌。若是排隊的人太多的話，就不可以逗留太久了。因爲陽光屋不論是味道，服務，氣氛都那麼的有特色，懂得欣賞的可是大有人在。

Price: ★★★★ **Food Quality:** ★★★★
Service: ★★★★ **Ambiance:** ★★★½ **Innovativeness:** NO

Hapa Izakaya

George

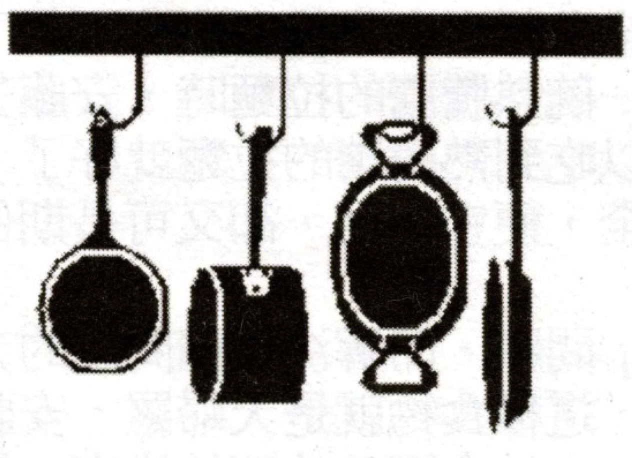
If you are into Japanese food and have not been to Hapa Izakaya, you are missing out. What kind of restaurant is Hapa Izakaya, you'll ask? Well, Izakaya stands for a bar or restaurant in Japanese, while Hapa is a Hawaiian adjective meaning bi-racial. In essence, Hapa Izakaya is a Japanese-Hawaiian fusion restaurant.

When you first step into the restaurant, you'll be greeted by the entire staff, which is your first indication that Hapa is unlike any place you've ever been to. Once you take a seat, you'll quickly fell in love with its stylish black-on-black masterpiece design and the trendy atmosphere around you. And did I mention about candles and dark amber back-lights? With its high level ambiance, Hapa makes the perfect place for a romantic dinner, if you are not looking for a quiet evening.

Okay, enough about the interior. Let's talk about the menu. As I mentioned at the beginning, Hapa is a Japanese-Hawaiian fusion restaurant, so you should expect dishes that you have yet seen on a traditional Japanese restaurant menu: each dish is carefully prepared, decorated, and loaded with surprises! To make a long story short, the food at Hapa is unique and polished. No sushi, just simple, tasty, hearty dishes. Oh yeah, try the "Aburi Shime Saba" as your first dish, it's a really good appetiser and pretty cool to watch (you'll see what I mean once you order it).

Of course, all of these come with a price. Compared to other typical all-you-can-eat Japanese restaurants, it can be pretty pricey. But, hey, you are getting a much higher quality food in return! Depending on what you order, 30 bucks should make you relatively full.

Overall, Hapa Izakaya is a restaurant that Japanese food lovers must visit. Before I finish, I have an advice for you: make a reservation at least three days in advance to avoid the sizable line-up – Hapa Izakaya is busy 24/7.



Price: ★★★★
Food Quality: ★★★★½
Service: ★★★★½
Ambiance: ★★★★½
Innovativeness: ★★★★½

Food Directory

Nakornthai Restaurant Address: 401 W Broadway, Vancouver, BC Tel: 604-874-8923	**Taco Del Mar -Broadway** Address: 680 W Broadway, Vancouver, BC Tel: 604-590-4142
海富小館 **Poco Ocean Restaurant** Address: No. 2 Poco Place, 2755 Lougheed Hwy. Port Coq. Tel: 604-464-4325	**Sushi Boy Foods co. Ltd.** Address: 409 W. Broadway, Vancouver, BC Tel: 604-879-5236
常本店 **Sushi Turn House** Address: #401 - 1192 Lansdowne Drive, Coq, BC Tel: 604-464-8822	**Li & Jun Japanese Restaurant** Address: #360-1175 Johnson Street, Coquitlam, BC Tel: -604-468-7001
Akari Japanese Restaurant Address: 112-3000 Lougheed Hwy, Coq, BC Tel: 604-941-1750 T/F: 604-941-1778	**China Palace Restaurant** Address: 112-3030 Lincoln, Ave., Coquitlam, BC Tel: 604-464-2012 Cell: 604-916-7896

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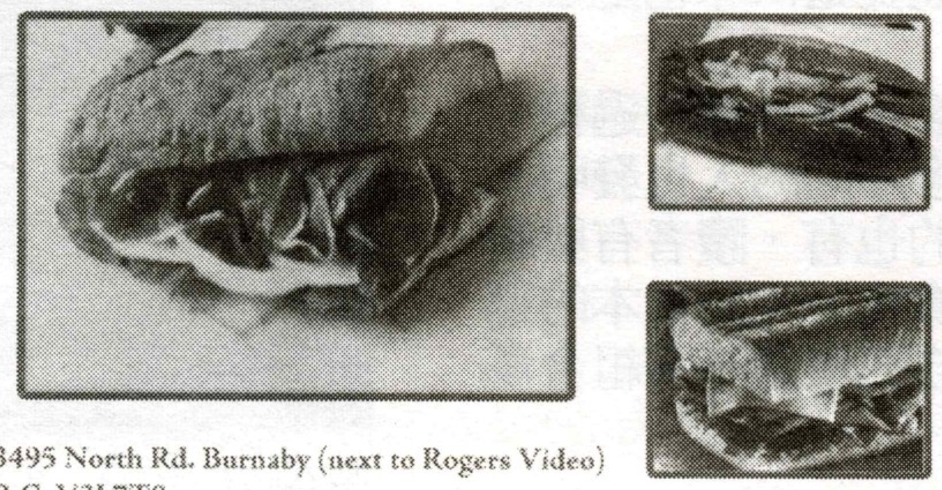

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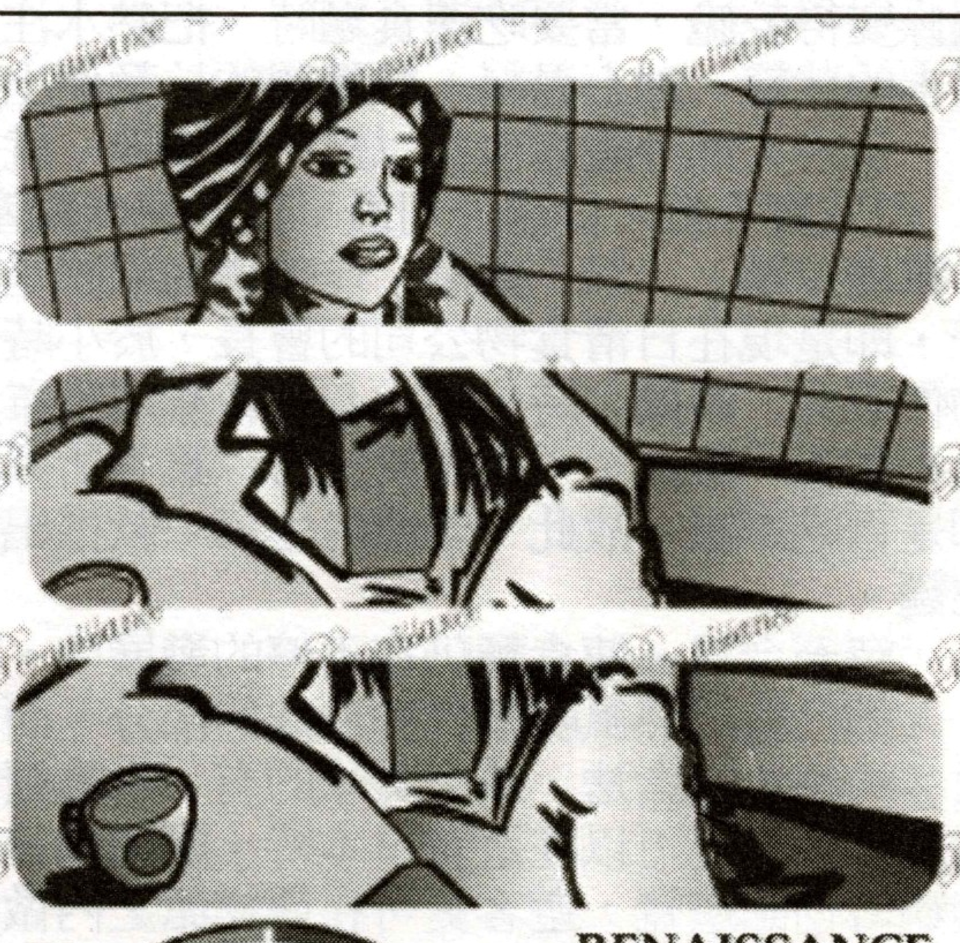

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十五十六 公仔麵 大鬥法

Instant Noodles @ Sixes & Sevens

Elsie Li，一路，火柴，單片林，金仔，Bryan，Christine，小芊

速食麵 (Instant Noodle) 可說是二十世紀的其中一個最大發明，根據統計調查，印尼有32.3%的人認爲速食麵是他們發明的，韓國則有25.6%的國民認爲此項食物是他們發明的，而中國也有17.6%的速食麵消費者認爲速食麵是中國人發明的，但事實上，速食麵是由日本日清食品株式會社的創辦人安藤百福先生發明的。

大約四，五十年代，日本國民因第二次大戰過後生活貧乏，當安藤百福先生在大阪看到當時人們在辛苦賺取金錢後在寒冷天氣下大排長龍，爲的只是間中到麵店去吃一碗熱騰騰的拉麵時，安藤先生突然想出「如果可以在家中直接可以吃到熱騰騰的拉麵就好了」的念頭。自此，他便以做出好吃，安全，便宜方便，卻又可長期保存的目標去研製「速食麵」。

創製速食麵的最大難題是「保存」問題，而解決這個問題的方法卻是從另一種日本食物而演變出來，這種食物就是天婦羅。安藤先生把麵條放進油鍋中去炸，麵條中的水份會因熱油而給排出，使麵條變得乾脆，當要吃速食麵時，把熱水注入，油炸麵就會還原成原本的狀態。加上湯料，熱騰騰的拉麵便出現了。

也許大部分讀者也會以爲「麻油味」就是日清最初出品的拉麵， 但其實不然。日清公司最早期的速食麵產品是於1958年推出的「雞湯拉麵」，以「雞湯」作味道的原因是因爲當時安藤先生的次子，即是現在日清食物公司的會長，於小時候因父母在以不同的食物作研究「湯頭」時，不小心在斬雞時將雞血濺到身上，而令他從此不敢吃「雞肉」，但對於父母以雞骨所煮成的「湯頭」做的拉麵卻是百吃不厭。故此，安藤先生第一款推出的速食麵口味也是雞湯拉麵。

時至今日，速食麵仍在不停的發展中，在製作速食麵的過程中，人們已經以熱風吹乾代替油炸的部分。而很多不同的人也發明出很多的速食麵食法，新奇美味的有，古靈精怪的也有，讀者有興趣的話，其實更可以在遊覽日本時，順道到日清食物公司於日本的速食麵博物館遊覽，遊客更可在博物館之內做出自己所選不同組合湯頭和配料，獨一無異的「個人style 拉麵」呢。

(註，速食麵雖是日本人發明的，但拉麵卻是由中國人發明，於日本德川家康的後代水户黃門時代給廣泛傳入日本而令日本飲食文化受深遠之影響。)

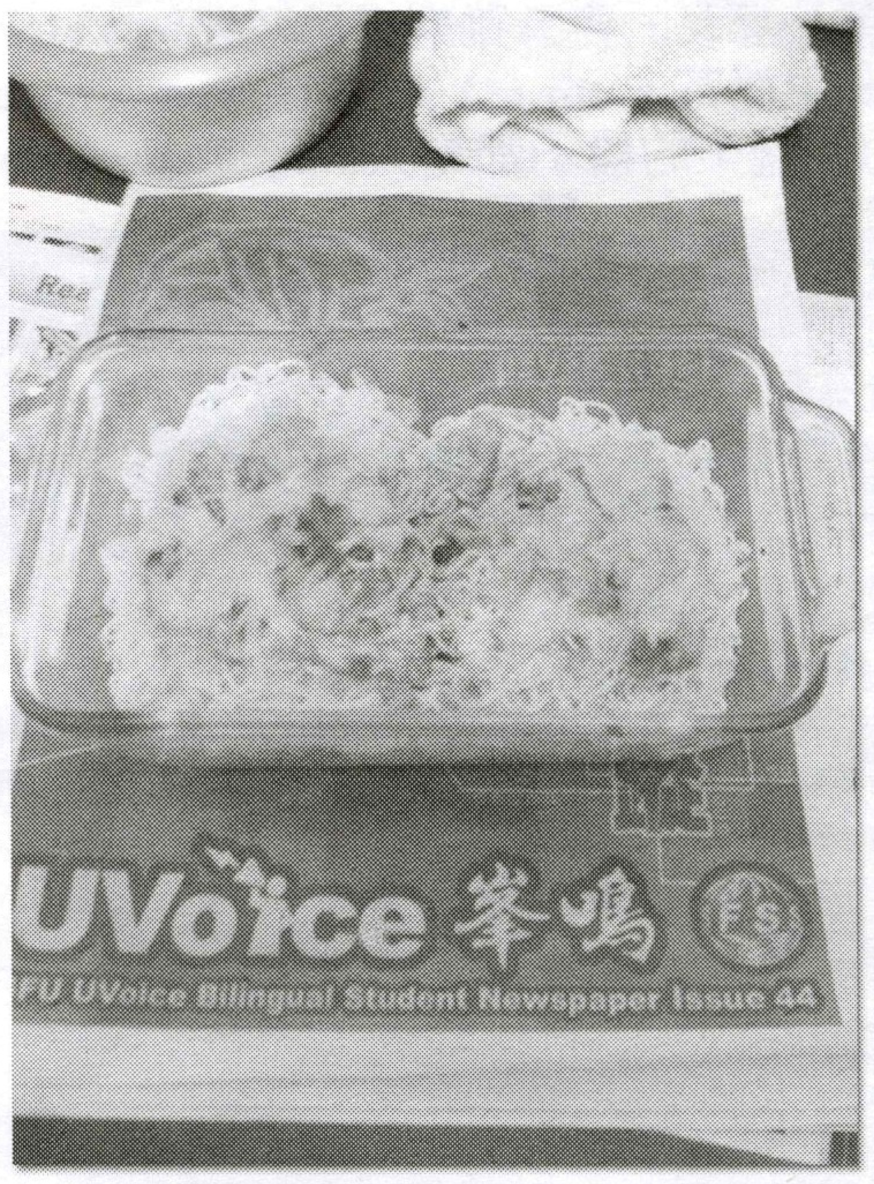
Reference: 日清食物公司網站 : http://www.nissinfoods.com
台北市遠流公司出版， 茂呂美耶著， 物語日本

乾燒公仔麵

「乾燒伊麵」大家就食得多，「乾燒公仔麵」大家又試過未? 做法其實很簡單，先把公仔麵煮熟、瀝乾。然後把鮮菇、�菜、豆芽等洗淨，切小、炒熟。再燒熱鑊，將老抽、蠔油、糖、鹽、生粉、上湯拌勻，倒入鑊中，煮至滾，放入公仔麵，不停地炒，直至公仔麵吸收所有汁料，再加入已炒好的材料，兜勻後上碟，即成又好味、又香噴噴的乾燒公仔麵。

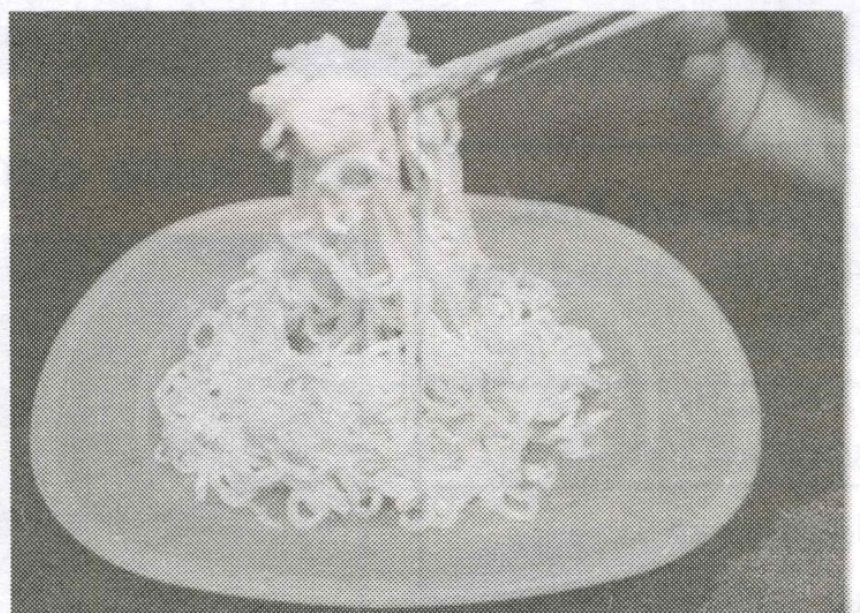
雲吞麵輔食筋腩撈，
家中自己蠔油撈

當在家中寂寞難耐，腹中打鼓時，簡單快捷醫肚方法當然就是即食麵，想要吃少年時大排擋風味絕對是蠔油撈麵莫屬，華麗卻簡潔，平凡中帶點蠔味，大口吃下感到太多鹹味，用筷子或用手同樣好吃，建議食法: 加上蔥花。



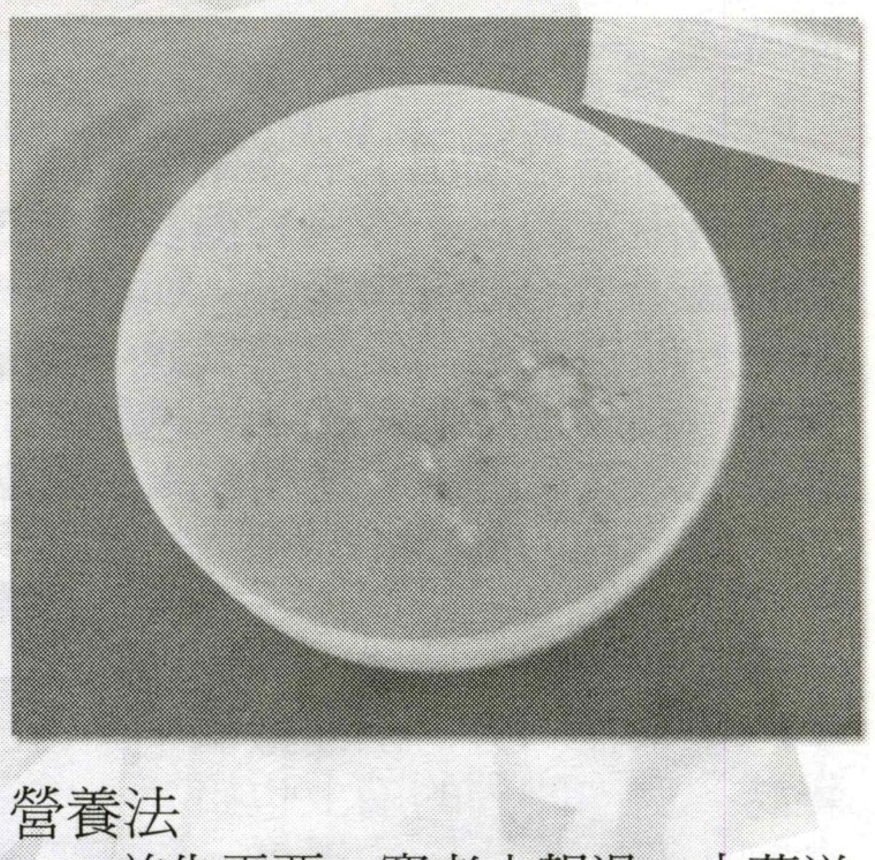
日本風味----蛋包丁

相信讀者們都聽過日本的住家蛋包飯加茄汁，以即食麵代替白飯卻有不同效果。原因是有時白飯太硬，蛋包飯給人感覺飽上加飽。但現試用軟硬度適中的一丁麵，使蛋包丁容易入口，回味無窮.若嫌茄汁太酸，可以李X記舊裝蠔油代替.



芝麻花生醬 + 拌麵 = 讚

所謂的麻醬麵，便是芝麻和花生醬的傑作。把泡麵煮熟之後瀝幹水分，加入芝麻醬和花生醬，以及自已喜愛的配料。頓時，香味撲鼻，令人胃口打開，握在手中的竹筷也蠢蠢欲動起來了。



營養法

首先需要一窩老火靚湯，中藥滋補還是養顏食材任君選擇。（不善煲湯者無須再看，請直接參考其他方法。）以湯爲水，加入麵餅烹煮。（也可加青菜雞蛋之類。）此法好吃的秘訣在於：除了鹽什麼調味都不要，以免破壞老火湯的原味。

老火湯公仔麵完全打破了公仔麵傳統的形象，可謂開闢公仔麵的飲食新紀元。但泡制這樣一碗營養健康麵，至少4、5個鐘，頗費工本和時間。化簡爲繁，丟棄公仔麵追求快捷的傳統和省時省力的初衷，真有人這樣做的話，我會五體投地，用『強』字來形容他。

即食麵曲奇

又一個極富創意的料理方法。將煮熟冷卻的泡麵與麵粉拌在一起，加入自己喜愛的朱古力粉或葡萄幹。再把這些材料想一般做Cookie的方法揉成一個個小麵團，放入烤箱。聽起來是不是很吸引人呢？

一丁趣卜卜?

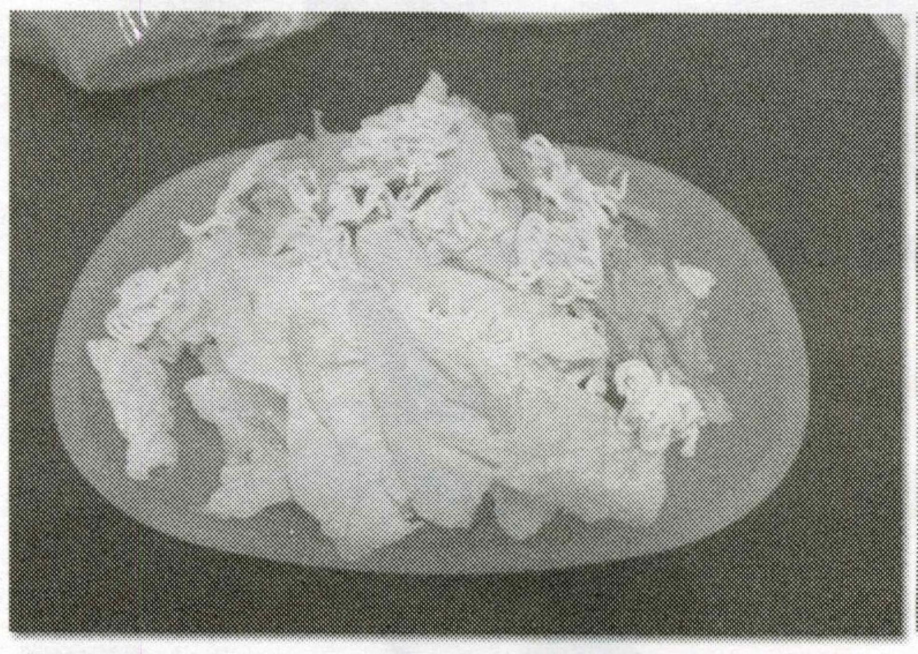
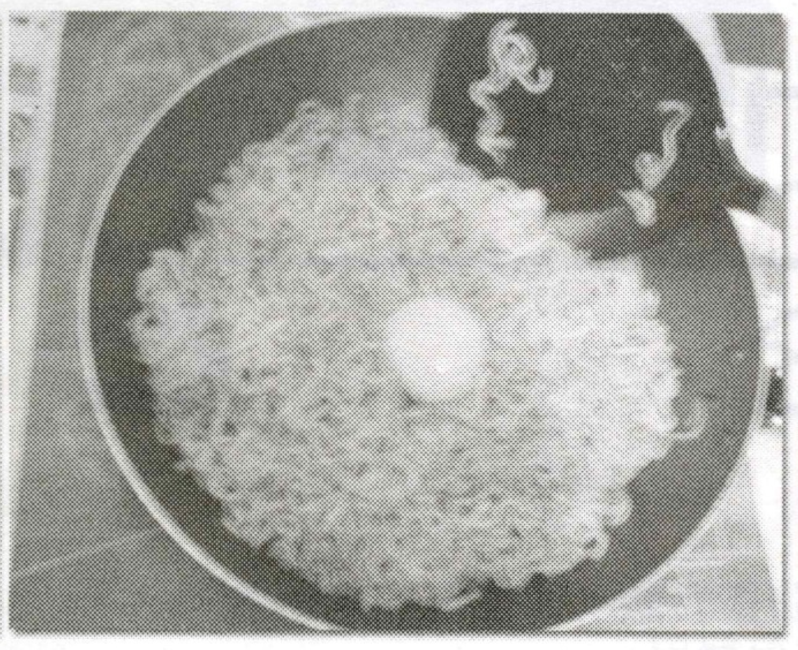
很酷的想法吧？佩服我們吧？雖然有些人會認爲這樣的食法不可接受，但在理論上，是完全可行的哦。（理論是：一切無害身體健康之料理均爲可行。）把干麵撥開弄碎，加入牛奶，就這樣一個簡單的下午點心就做好了。

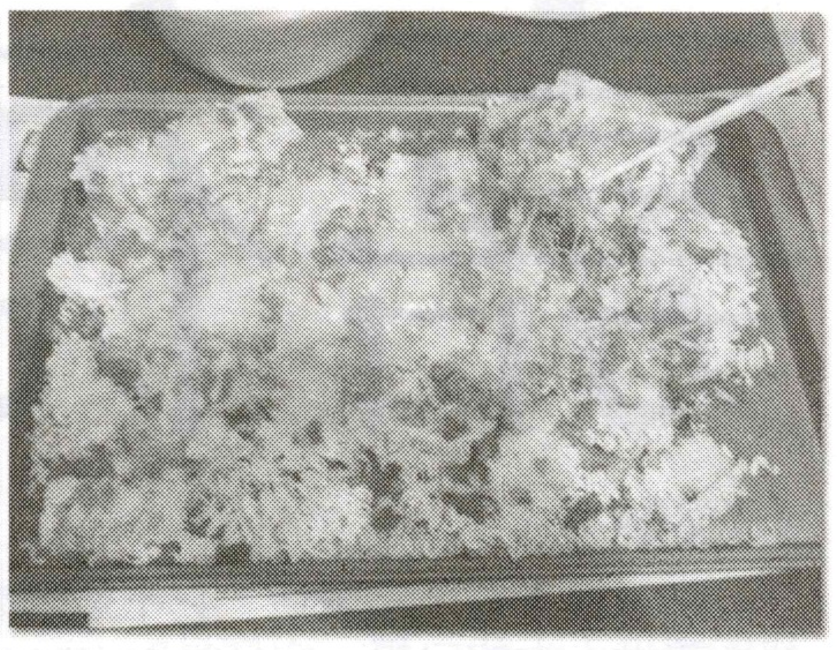
冷麵

算是很傳統的食法。將自己喜愛的泡麵煮熟之後，瀝幹冷卻。接著，便是發揮個人創意的時間了。如果你喜歡日式的清淡，你可以把麵當作冷的soba麵來吃。另外，茄汁、麻油、蚝油、以及海鮮醬等等，都是不錯的選擇哦。

The Very Unconventional Croutons

Tired of the frustrating steps of making the conventional croutons? Try adding dry instant noodles to your next Caesar salads! At the first glance it only seems imaginative, but it definitely is a twist of an old favourite.



Noodles & Beef Casserole

Preheat the oven to 375 degree. Boil the instant noodles (without soup base) as directed on package. Drain the noodles then set aside. Brown lb ground beef and mix it with cheese (either cheddar or shredded jack would taste great). Add the meat and cheese to the noodles and mix them in a medium casserole dish. Add the soup base into cup of hot water until it's totally dissolved. Pour the soup base liquid into the casserole dish together with the noodle mixture. Put the dish into the oven and bake for about 30 minutes. Careful it's gonna be hot when you take it out from the oven!

Noodles a la Abalone

The most important ingredient is, of course, the abalone. The cheapest type of abalone that one can get is the canned ones, which we can easily purchased from a Chinese supermarket. First, open a can of abalone and heat it up. Cook the instant noodles until the water boils and add your own soup base. Pour the instant noodles into a bowl and place the heated abalone on top. To make it more flavorful, have oyster sauce ready as your abalone dip.

Parmesan Cheese Noodles

This variation on instant noodles first struck as an attempt in mixing Italian culture and Asian habit. However, titles can be misleading; case in point: parmesan cheese on noodles. Spreading the cheese directly onto normal instant noodles is the simplest method. Over time, the battle between cheese and instant noodles ends with an assimilation of the cheese into the noodle soup. Hence, eat quickly to enjoy and you may become the victor!

Chili Noodles

Some people can't eat anything that doesn't have spices in it, and for a good reason too. Spices tend to amplify taste, but this is just for the chili connoisseur. Open your noodles, take out the bags of monosodium glutamate (MSG), add three tablespoons of your favorite hot sauce, and add any spices you deem fitting. Add hot water, and wait for a period of time as per choice. Then eat and beware!

Noodle Chips

Eat the instant noodles just the way it is when you open the package! Break the uncooked noodles into chunks, then add soup base powder, pepper or salt to the crushed noodles. Remember, do not open the package until you have crushed the instant noodles into little pieces. Shake the package thoroughly and enjoy the home-made noodle chips!

Chocolate/Cheese Noodle Fondue

Think it sounds weird? This combination of substituting noodles as fruit or veggies is actually very easy and tasty. Just break the noodles into small pieces and dip them into your pot of melted chocolate/cheese. You'll be amazed by how good it really tastes and how convenient it actually is! For an extra kick, add some nuts or liquor into your dip to make it more delicious.

Noodle Krispies Squares

A complete rip-off of Kellogg's Rice Krispy Squares. In a microwave safe bowl, heat 3 tablespoons margarine and 1 package marshmallows on HIGH for 3 minutes. Stir after 2 minutes and stir until smooth. Open a package of instant noodle and break it into many small pieces. Mix the noodle pieces into the marshmallow mixture and stir until well coated. Press mixture evenly into a13 x 9 x 2-inch pan coated with cooking spray and cut into 2-inch squares when cool. Remember to keep the noodle crispy in an airtight container to keep them fresh and crunchy!

即食麵確是都市一族的必需品。試問誰的家裡會缺乏它的存在?

晚上十一時多肚子餓了，煮個麵吧!
父母不在家，獨個兒吃晚餐，煮個麵吧!
還有十分鐘便要上學，“拿拿臨”煮個麵吧!

只要想吃麵，三分鐘便可事成。煮法方便快捷，味道層出不窮，成功滿足人類在味覺，視覺與嗅覺上的享受，簡直是項偉大的發明!

然而， 這真是個偉大的發明嗎?

不用付出努力，便可即時享受結果，這似乎是新一代的生活方式。今時今日的科技日新月異，的確爲人類帶來極大的方便。倘若你想吃昨晚放在雪櫃裡的食物，只需拿出來放進微波爐便可。沒有微波爐的日子，你便要硬著頭皮，拿鑊拿煲，重新煮熱，事後還要清洗。倘若你要跟外地的好友聯絡，只需拿起電話聽筒，按幾顆鈕掣便可。沒有電話的日子，你便要親自執筆寫信，還要等上兩多個星期，對方才能收到你的信件。可是，現在的“方便”真是真正的幸福嗎?

上一代（即你現在的父母）是付出的一代。很多年青人十多歲便要辛苦工作。賺錢養家。今天的成就都是當年他們辛辛苦苦靠自己賺取回來的。而我們這一代，隨著科技的發展，是享受的一代。身邊的東西得來很易。長期浸淫在充裕的環境裡，經不起考驗，更造就了“三分鐘熱度”的文化：起初滿有熱誠，可是遇到要堅持付出才可跨過的困難，便選擇放棄，去尋求另外一些比較容易得著的事情。只懂即時享受結果，漠視了過程中的磨練。

年青人，你懂得什麼是真正付出的努力嗎?
你懂得享受付出過程中的成長嗎?

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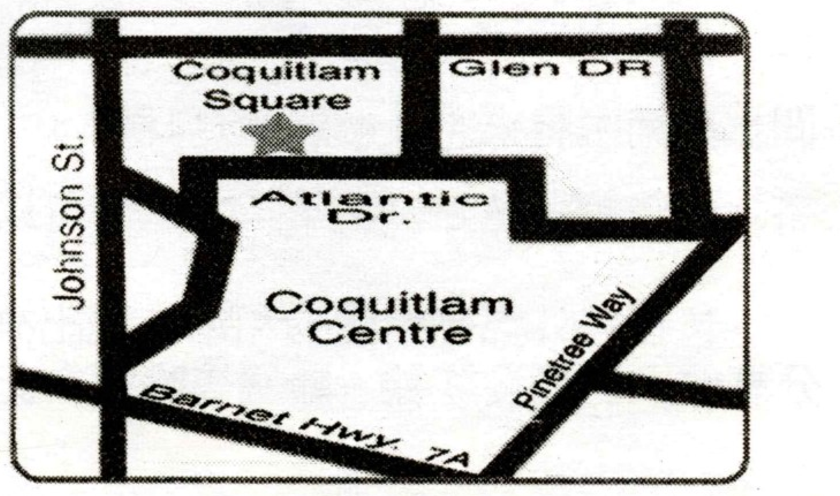

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嘉德堡餅屋 house of gateauX

戈星人

會晤堡主:

西木林下有一座城堡。它不是因歷史悠久而供人欣賞，更不是兵臨在即而要防衛殺敵。而是要透過造包弄餅藝術讓世人大飽口福。它便是Westwood Plateau 下的 House of Gateaux (嘉德堡餅屋)。

座落於高貴林閣 (Coquitlam Centre 對面) 的嘉德堡，開業至今雖只半年多，但堡中飄來陣陣芳香，已誘來各方好「食」之徒。店中主要有麵包和西餅兩條主線。麵包方面，以香港傳統的菠蘿包、雞尾包等爲主。而其西餅系列則是店中主打。Mooses、tiramisu、swiss roll 、cheesecake，一堆堆令人食癮大發的名字，將使大家流連忘返。最令筆者動容的莫過於tiramisu。糖份用量恰到好處，給人一個甜而不膩的感覺。三聯市居民可有食福啊！

堡主阿Ming是嘉德堡的靈魂。要從他做的面包裡參透人生，還請看以下峰鳴與Ming哥的專訪。

心路歷程:

問: a) 是誰帶你入行? b) 香港那時候有沒有系統式的烹飪學校? c) 是從那裡學的?

答: a) 以前要跟人學，拿人家的長處，到處吸收。b) 沒有，以前香港是沒有什麼烹飪學校的，好像是九七年後才聽到有教baking的program，是香港私人教或政府註冊的。 c) 都是跟師傅學的，在尖沙咀Hum夫利是道，跟澳洲人學，是個飲食部經理，懂得寫中文的。

問: 爲何對做西餅產生興趣? 這麼多年的原動力從何而來?

答: 做餅是一種藝術，不論做飽或餅、不論做那一行，最重要是有興趣，另外是靠靈活變通。有興趣既可賺錢。還有就是父親也是做飲食業。

問: 爲何移民加拿大? 在加拿大賣餅和在香港賣餅有什麼不同? 客路有否不同? 有沒有競爭?

答: 爲了九七而來，是一九八幾年憑技術過來。香港是較容易找工、工作機會更好。這店的客路其實很全面 -- 韓國、日本人也有。有價錢競爭 -- 很多人沒有理會質數、只在乎數量、就好像在一些超市賣的麵包，雖然數量是多，但其實他們可能都吃不完、又沒什麼選擇。

問: 爲何選擇於高貴林開鋪而不在唐人街/Richmond開店?

答: 這是剛來這住的時候決定的。其實地點對做生意來說根本並不重要，最重要是品質和不要欺騙客人。無論開於任何地方，人客來一樣是吃你的品質。在Richmond開鋪一樣有競爭。

小檔案

名/花名/稱呼: 阿MING
經驗/入行年數: 38 年
--記得67年暴動，68年在一俄羅式麵包店學習
--那年代走俄羅式麵包的路線
--72年入半島酒店做: 負責西餅
入行難忘經歷: 學師階段--什麼也要做、什麼也要學，記憶一定要好: 譬如知道粉的特性，正所謂工多藝熟，捱了開段便會好。

嘉德堡來由:

問: 店名的起源 ?

答: 其實有兩個故事; (1)以前聽師傅常常叫 "幾寸Gateaux幾寸Gateaux" ，指的是Gateaux殼(cake ring)，是法文，是做好完整的一個餅名、餅的一種 (2) 因爲劇集 -- 情迷黑森林。

問: 蛋糕真正的起源地是…你覺得你做的蛋糕/西餅有什麼特色? 做法有什麼不同?

答: 正式是法國。沒有說什麼特色不特色，客人吃了喜歡、欣賞我做的就好。還有是我們做蛋糕一定不落香油、色素等。

問: 在產品方面，有那一種餅是你最引以爲傲? 那一款是鎮店之寶?

答: 每樣也好吃，最重要是質量，都是客人給面，不主張什麼最引以爲傲、是客人欣不欣賞。做人宗旨最重要是童叟無欺。

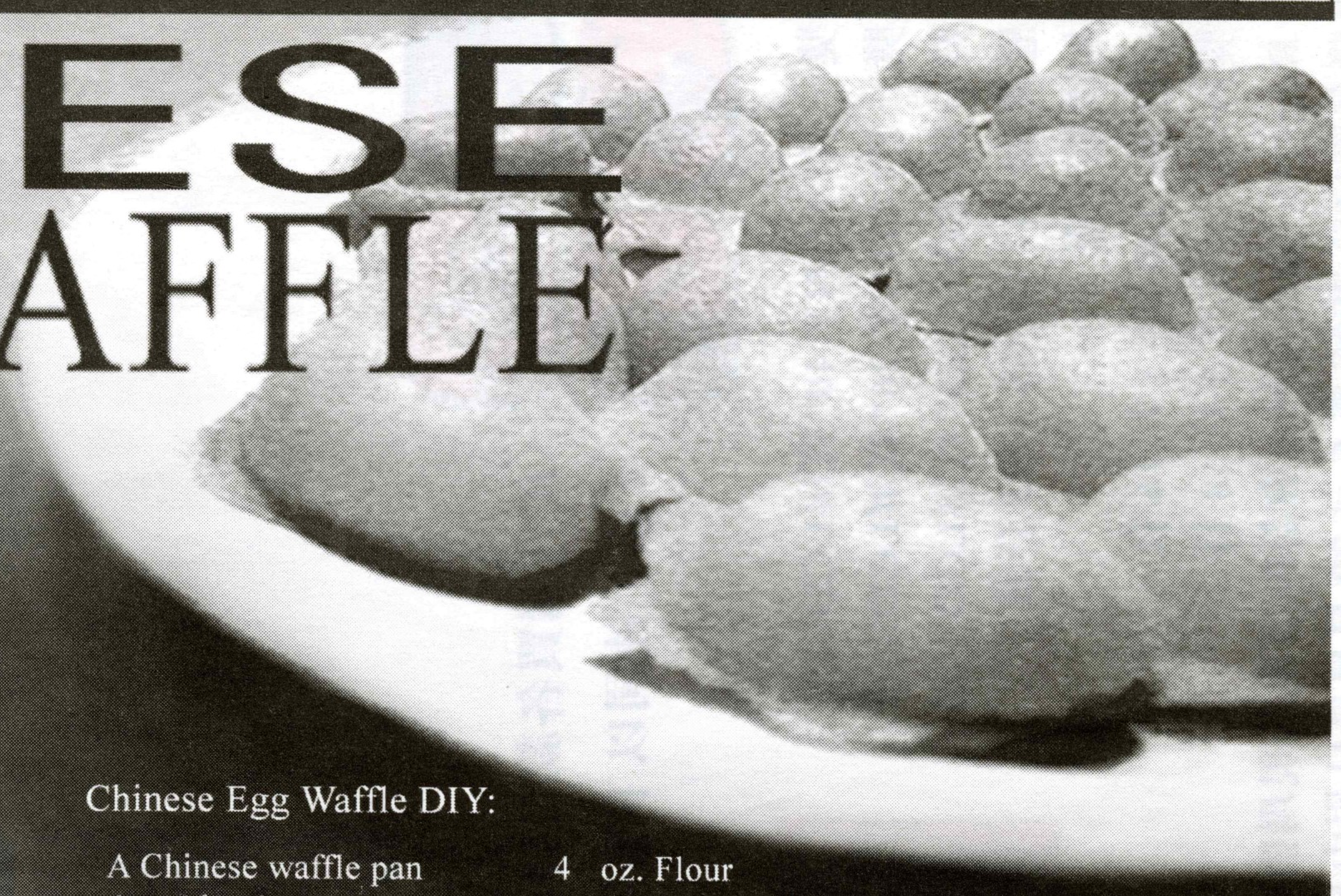
問: 對鋪頭將來有什麼展望/目標?

答: 希望越做越好、希望人家吃後可以分別出其口感。

包裹包外都是用經驗和創意搓出來的。在此謹感謝堡主分享他人生寶貴經驗。峰鳴等晚輩在此作一長揖!

CHINESE EGG WAFFLE

By: Man from Planet 'Gwor'



During the 60s, people in Hong Kong managed to make use of simple cookery tools and methods to make ends meet. Street snacks, readily available from the mobile stoves, became blue collars' all-time favorite. How street snacks evolved must trace back to the history of Chinese food and philosophy. A famous Chinese proverb captures precisely how most Chinese viewed their delicacies: "Among the common people, it is of sky-high priority to have a decent meal (民以食爲天)." Because traditional Chinese cuisine incorporated a variety of tribal cooking methods, a wide variety of street snacks are available under the glimmering street-lamps of Hong Kong.

Among the numerous street delicacies, the one that stands out would undoubtedly be the Chinese egg waffle. Do not be mistaken by its name -- the Chinese waffle has nothing to do with the western waffle (though with its golden color, the appearance of the Chinese egg waffle does resemble somewhat like the western ones we see in IHOPs and Whitespots).

As a close relative to the western waffles, the Chinese egg waffle is also made with egg and flour. With a hard crispy top and a spongy cushion bottom, the Chinese egg waffle is certainly a favorite to many Hong Kong people. Imagine walking on a street swarmed with shoppers: chewing a piece of egg waffle actually tickles your taste buds and reinforces your existence in the hustle and bustle of city life. No wonder so many tourists say "an egg waffle in hand worth two visits in Hong Kong" when asked how they like the Chinese waffle.

Chinese Egg Waffle DIY:

A Chinese waffle pan	4	oz. Flour
Awooden spoon	1	oz.Cornstarch
Mixing bowls	1	Teaspoon Baking powder
	2	Eggs
	4	oz. White sugar
	2	oz. Evaporated milk
	4	oz.Water

Procedures:

1)Sift the flour, cornstarch, and baking powder.

2)Using a wooden spoon, beat together the eggs and sugar. Add evaporated milk and water in before mixing them with the flour mixture. Continue mixing until it becomes a smooth batter.

3)Heat the Chinese waffle pan until both sides are hot. Coat the pan with oil and pour the batter in, then hold the pan tightly with both hands and flip it around before placing it back on the heat. Cook the Chinese egg waffle for 1 to 2 minutes using a medium-high heat.

4)Take the Chinese egg waffle out carefully from the pan and enjoy!

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